



**Title of Session/Theme:** SPORTS

**Time of Video:** 33 minutes, 42 seconds

**Music Therapist:** Ashley Warmbrodt, MA, MT-BC

**Music Therapy Goals/Objectives/Purpose:**

- ♪ Social
  - Practice greetings
  - Practice reading and responding to nonverbal social cues
- ♪ Communication
  - Opportunities for expressive communication (verbal words, ASL, AAC, pointing)
- ♪ Emotional
  - Nonverbal emotional expression on instruments
- ♪ Physical
  - Stretch and relax muscles
  - Simple gross motor movements (adapted for seated or standing)
  - Fine motor coordination
- ♪ Wellness
  - Practice deep breathing
  - Practice relaxation
- ♪ Cognitive
  - Impulse control with instruments
  - Attention span
  - Decision making and memory for answering song questions

**Music Therapy Interventions Implemented:**

1. Hello Song
2. Stretching/Breathing Song
3. Conversation Song: "Get To Know One Another"
4. "Star Spangled Banner" – sing-along and discussion
5. "St. Louis Blues" – active music making
6. "Take Me Out to the Ballgame" – sing-along and discussion
7. Goodbye Song

**What You Need/Equipment:**

- ♪ Kitchen pot (or something similar to be a "drum")
- ♪ Wooden spoons (or something similar to be "drumsticks")