



**Title of Session/Theme:** TRANSPORTATION

**Time of Video:** 35 minutes, 46 seconds

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

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

- ♪ Social
  - Practice greetings
- ♪ Communication
  - Opportunities for expressive communication (verbal words, ASL, AAC, pointing)
  - Nonverbal expression
- ♪ Physical
  - Stretch and relax muscles
  - Simple gross motor movements
  - Fine motor coordination
- ♪ Wellness
  - Practice deep breathing and relaxation
- ♪ Cognitive
  - Decision making, impulse control, memory, attention span, sequencing, and identifying patterns

**Music Therapy Interventions Implemented:**

1. Hello Song
2. Stretching/Breathing Song
3. Conversation Song: "Get To Know One Another"
4. "She'll Be Coming 'Round the Mountain" – active music making
5. "I've Been Working on the Railroad" – active music making
6. Goodbye Song

**What You Need/Equipment:**

- ♪ 2 spoons
- ♪ Tape
- ♪ Homemade "shaker" instrument
  - Container (plastic Tupperware, old pill bottle, old spaghetti sauce container, etc).
  - Beads, beans, popcorn kernels, rice, etc.
- ♪ Kitchen pot (or something similar to be a "drum")
- ♪ Wooden spoons (or something similar to be "drumsticks")
- ♪ Whistle (optional)