



Title of Session/Theme: CHANGES

Time of Video: 41 min, 45 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)
 - Practice autonomy by making own choices for songwriting
- ♪ Emotional
 - Express feelings about changes and waiting
- ♪ Physical
 - Stretch and relax muscles
 - Simple gross motor movements
 - Fine motor (grasp pencil or pen to write in choices for the songwriting)
- ♪ Wellness
 - Practice deep breathing
 - Practice relaxation
- ♪ Cognitive
 - Utilize decision making and planning skills to write own song

Music Therapy Interventions Implemented:

1. Hello Song
2. Stretching/Breathing Song
3. Conversation Song: "Get To Know One Another"
4. "The World is Waiting for the Sunrise"—sing-along and discussion
5. "Down By the Riverside" fill-in-the-blank songwriting
6. Goodbye Song

What You Need/Equipment:

- ♪ "Down By the Riverside" fill-in-the-blank songwriting sheet
- ♪ Pen or pencil – may need staff/family support to complete task