



Music Therapy Videos—What to Do

Theme: Pets

Music Therapist: Ashley Warmbrodt, MA, MT-BC

Videos Included:

1. **Art** – Make your own instrument with objects found at home!
2. **Pets #1** – ability-appropriate music therapy session (~5 minutes)
3. **Pets #2** – ability-appropriate music therapy session (~10 minutes)

Music Therapy Goals:

- 🦋 **Social**—improve greetings, practice taking turns
- 🦋 **Emotional**—teach and practice healthy coping skills
- 🦋 **Communication**—improve receptive and expressive communication (verbal words, ASL, AAC, pointing)
- 🦋 **Physical**—relax muscles; improve gross motor coordination and fine motor control
- 🦋 **Cognitive**—improve impulse control, attention span, and teach new information
- 🦋 **Wellness**—reduce stress; practice deep breathing and relaxation

🦋 Do the videos in this order:

- Do the deep breathing whenever you want!
- Make the spoons (art video) before videos
- If you choose to not make the instrument, just clap/snap where the music therapist plays the instrument instead

What You Need/Equipment:

- 🦋 Last week's DIY instrument (Easter Egg Maracas)
- 🦋 The instruments you make in the art video (spoons)
 - 2 plastic spoons; masking tape; markers to decorate (optional)

Session Plan (15 min)

- "Hello" (SKILLS: socialization, communication, movement)
- "B-I-N-G-O" (SKILLS: vocalization, cognitive, focused attention, motor movement)
- "This Ole Man" (SKILLS: body and number identification, number identify, motor movement)
- "Goodbye" (SKILLS: socialization, communication, session closure/transition)

Session Plan (5 min)

- "Hello" (SKILLS: socialization, communication, movement)
- "Three Little Kittens" and ASL (SKILLS: communication, cognitive, receptive and expressive, focused and sustained attention, fine motor movement)
- "Goodbye" (SKILLS: socialization, communication, session closure/transition)