



## Session Plan #2

**Theme #2:** Spring (Adaptive)

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

### **Videos Included:**

1. **Art/DIY Instrument** – Make your own instrument with objects found at home!
2. **Spring (5 min)** – ability-appropriate music therapy session
3. **Spring (10 min)** – ability-appropriate music therapy session
4. **Relaxation** – fun, concrete way for the whole family to de-stress together

### **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

### **Suggestions for Parents/Guardians at Home:**

- ♪ Session Plan
  - Hello Song (SKILLS: cognitive, communication, social)
  - “Hokey Cokey” (SKILLS: cognitive/left/right identification, gross motor)
  - “Little Flowers” (SKILLS: cognitive/rote numbers, fine motor)
  - Goodbye Song (SKILLS: cognitive, communication, social)
- ♪ Beginning music therapy videos with the hello song and ending with the goodbye
  - Helps child’s brain recognize we are in music therapy and prepare for the tasks that will be asked of him/her in the session
  - Helps children transition more smoothly from one activity to another

### **What You Need/Equipment:**

- None