



Session Plan #1 (Adaptive)

Theme #1: Insects/Garden (Adaptive)

Music Therapist: Ashley Warmbrodt, MA, MT-BC

Videos Included:

1. **Art/DIY Instrument** – Make your own instrument with objects found at home!
2. **Insects/Garden (5 min)** – ability-appropriate music therapy session
3. **Insects/Garden (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)
 - “Itsy Bitsy Spider” (SKILLS: cognitive, communication, fine and gross motor)
 - “Ants Go Marching” (SKILLS: cognitive/rote numbers)
 - 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:

- ♪ The instrument you make in the 3-minute art video! (Maracas)
 - Plastic Easter eggs or small plastic containers, plastic spoons, tape, popcorn kernels, dry rice, dry beans, beads, etc., art supplies to decorate (optional)