



Title of Session/Theme: EXPRESS YOURSELF

Time of Video: 35 minutes, 39 seconds

Music Therapist: Ashley Warmbrodt, MA, MT-BC

Music Therapy Goals/Objectives/Purpose:

- ♪ Social
 - Practice greetings
 - Sing with others
- ♪ Communication
 - Opportunities for expressive communication (verbal words, ASL, AAC, pointing)
- ♪ Emotional
 - Express emotions nonverbally and through written communication
- ♪ Physical
 - Stretch and relax muscles
 - Simple gross motor movements
- ♪ Wellness
 - Practice deep breathing and relaxation
- ♪ Cognitive
 - Memory

Music Therapy Interventions Implemented:

1. Hello Song
2. Stretching/Breathing Song
3. Conversation Song: "Get To Know One Another"
4. I've Been Working on the Railroad
5. Home on the Range
6. This Little Light of Mine
7. Meet Me in Saint Louis
8. Goodbye Song

What You Need/Equipment:

- ♪ Just your voices!