



Title of Session/Theme: SPRING WEATHER

Time of Video: 33 min, 7 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)
- ♪ Physical
 - Stretch and relax muscles
 - Simple gross motor movements
 - Fine motor coordination
- ♪ Wellness
 - Practice deep breathing
 - Practice relaxation
- ♪ Cognitive
 - Memorize simple movements
 - Sequencing and patterns of movements
 - Impulse control with instruments
 - Attention span for when to play and when not to play

Music Therapy Interventions Implemented:

1. Hello Song
2. Stretching/Breathing Song
3. Conversation Song: "Get To Know One Another"
4. "Skip to My Lou" – music and movement
5. "Rockin' Robin" – active music making (instrument play)
6. Goodbye Song

What You Need/Equipment:

- ♪ Homemade "shaker" instrument (optional)—snapping or clapping also possible
 - Container (plastic Tupperware, old pill bottle, old spaghetti sauce container, etc).
 - Beads, beans, popcorn kernels, rice, etc.
 - Tape, if necessary
 - Decorate it on the outside, if desired!