Music Therapy

Music Therapy for Children with Multiple Disabilities

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Music plays a crucial role in child development.

- Researchers also have found a significant relationship between music and positive performances in such areas as: reading comprehension, spelling, mathematics, listening skills, primary mental abilities (verbal, perceptual, spatial) and motor skills.

- Linking familiar songs to new information can help imprint information on young minds.

- The interactive use of live music can stimulate and develop communication, expressiveness, socialization, relationship and build self-esteem.

- Through music, children can learn emotional and behavioral self-regulation while developing expressive freedom and creativity.
Definition

**Music Therapy** is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.

Although music therapy can only be provided by a credentialed professional, special education instructors can effectively incorporate music into their academic curriculum.

Parents and caregivers can also implement beneficial music activities in the home.
Music can make any lesson or activity more meaningful and fun.

- There is nothing wrong with recorded music, but live musical experiences invite increased participation and interaction.

- Instruments are nice but not necessary.

- You don’t need to be a trained (or even talented) musician to facilitate musical activities.

- Through music, children can learn emotional and behavioral self-regulation while developing expressive freedom and creativity.
Time to Sing Hello

Greeting & Gathering

Sit Up Nice & Tall

Clap, Clap Your Hands

Everybody Has a Name

We All Came to Play
Sit up nice and tall,
Because we’re gonna have a ball,
Let’s sing hello!

Oh-oh-oh-oh,
Sit up nice and tall,
Because we’re gonna have a ball,
Let’s sing hello!

We’ll sing it high: hello!
We’ll sing it low: hello!
We’ll sing it fast: hello!
We’ll sing it slow: hello!

Sit up nice and tall,
Because we’re gonna have a ball,
Let’s sing hello!
Clap, clap your hands, come on!
Clap your hands, it is time for music.

Nod your head yes,
Shake your head no.
Music is so much fun,
Come on everybody,
Don’t you know, don’t you know,
Don’t you know?

Clap, clap your hands, come on!
Clap your hands, it is time for music.

Hello __________, Hello _____________ (etc.)
Hello everybody,
It’s so nice to see you today.
Hey hey!
Everybody has a name, you know,
You hear people say it everywhere you go.
Some names are short, some names are long,
We’ll sing about your name in this song.

I see a boy/girl named __________;
_________ is sitting right there,
So please join in and sing with me,
As we spell his/her name with care:
_ - _ - _ - _ - _ - _ - __________!

Everybody has a name, you know,
You hear people say it everywhere you go.
Some names are short, some names are long,
We sang about your name in this song.
We All Came to Play

Set to the tune of “London Bridges”

We all came to play today,
   Play today, play today.
We all came to play today,
   So glad to see you!

Let’s all clap for ______ now,
    ______ now, ______ now,
Let’s all clap for ______ now,
   And give a great big cheer:
   Hooray!

We all came to play today,
   Play today, play today.
We all came to play today,
   So glad to see you!
All About Today

Calendar & Weather

Today Is...
The Weather Is...
Today Is...

Set to the tune of “You Are My Sunshine”

Today is Thursday,
Today is Thursday.
Today is Thursday, September 16.
Yesterday was Wednesday,
Tomorrow is Friday.
But today is Thursday, September 16, 2010.

Today is ________,
Today is ________.
Today is ________________.
Yesterday was ________,
Tomorrow is ________.
But today is ________________,
________.
The Weather Is...

Set to the tune of “London Bridges”

What’s the weather like today?
Like today? Like today?
What’s the weather like today?
On this Thursday!

Sunny Day

Cloudy Day

Rainy Day
Establish music therapy program goals based upon:

• Teacher input
• Classroom objectives
• Students’ special needs
• Students’ strengths and interests
General Goals

1. Improve opportunities for children with multiple disabilities to learn **cognitive**, **social-emotional** and **physical skills**.

2. Decrease inappropriate behaviors that interfere with the learning process.

3. Develop targeted skills for children with significant learning deficits.

4. Incorporate music into each classroom to increase fun and participation.

Each goal can be broken down into specific objectives based upon a class or individual.
Cognitive Skills

Music can be used to address these cognitive skills and more:

**Counting**
(cardinal, by 5, etc.)

**Telling Time**
(analog and digital)

**Identification**
(colors, shapes, etc.)

Introducing new concepts with song is an effective way to gain attention and stimulate the learning process.
Doo-doot, doo, do the clock rock,
   Rockin’ all day and night,
Doo-doot, doo, do the clock rock.
Round and round, with all our might.

Start at the top, that’s twelve AM.
   One, two, three, four, five,
Six at the bottom, seven, eight, nine, ten,
Eleven and then we’ve made it back to twelve again!

CHORUS

Start at the top, that’s twelve PM.
   One, two, three, four, five,
Six at the bottom, seven, eight, nine, ten,
Eleven and then we’ve made it back to twelve again!

CHORUS
Music can be used to address these emotional skills and more:

Feelings
Facial Expressions
Appropriate Reactions

Songs are visual aides are effective in illustrating emotions and corresponding social cues.

Example:
*The Story of My Feelings*
Laurie Berkner
What do you do when you see a friend?
   You wave, you wave.
What do you do when you see a friend?
   You wave, you wave.

Waving's what you do when you see a friend,
   You wave using your hand,
So what do you do when you see a friend,
   You wave, you wave.

What do you do when you're feeling blue?
   You cry, you cry.
What do you do when you're feeling blue?
   You cry, you cry.

Crying's what you do when you're feeling blue,
   You cry, using your eyes.
So what do you do when you're feeling blue,
   You cry, you cry.

What do you do when you're feeling glad?
   You smile, you smile.
What do you do when you're feeling glad?
   You smile, you smile.

Smiling's what you do when you're feeling glad,
   You smile using your mouth.
So what do you do when you're feeling glad,
   You smile, you smile.

What do you say right before you leave?
   Goodbye, Goodbye.
What do you say right before you leave?
   Goodbye, goodbye.

Goodbye is what you say right before you leave,
   Goodbye only 'til next time.
So what do you say right before you leave?
   Goodbye, goodbye.
Physical Skills

Music can be used to address these physical skills and more:

Types of Movement
Movement Imitation
Following Action Directives
Performing Physical Tasks

Encourage gross and fine motor movement and get students moving in between lessons during the day.
Move Your Body Along

Clap, clap, clap.
We’re gonna clap, clap, clap.
We’re gonna clap our hands
And sing this song,
So move your body along.

Stomp, stomp, stomp,
We’re gonna stomp, stomp, stomp.
We’re gonna stomp our feet
And sing this song,
So move your body along.

Stretch, stretch, stretch.
We’re gonna stretch, stretch, stretch.
We’re gonna stretch our arms
And sing this song,
So move your body along.

Twist, twist, twist.
We’re gonna twist, twist, twist.
We’re gonna twist our waist
And sing this song,
So move your body along.

Sway, sway, sway,
We’re gonna sway, sway, sway.
We’re gonna sway so slow
And sing this song,
So move your body along.

Sit, sit, sit,
We’re gonna sit, sit, sit.
We’re gonna sit on down
And end this song,
So move your body along.
Music & Behavior

Music can also be used to decrease inappropriate behaviors.

- Preferred songs and musical activities can serve as a reward for following directions and appropriate behavior.
- Musical activities, especially those involving movement, props and instruments, can replace self-stimulatory actions.
- Use songs targeted at teaching appropriate behavior and social responses.
Music for Fun

Incorporate music in the classroom, increase fun & participation.

- Technology
- Popular Music
- Musical Games
- Student-Led Activities
- Opportunities for Choices

The use of these strategies offers students the opportunity for creativity and self-expression.
Recommended Instruments:

- maracas
- lollipop drums
- jingle sticks
- paddle drums
- rhythm sticks
- egg shakers
- mini tambourines
- castanets
- kazooos
- harmonicas
Resources

Vendors:
www.WestMusic.com
www.MusiciansFriend.com

Websites:
www.MusicTherapy.org
www.ListenLearnMusic.com
www.SongsForTeaching.com
www.MusicTherapyConnections.org

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Music Therapists

Certification Board of Music Therapists

Locate board-certified music therapists by state, name, or certification number.

www.cbmt.com
Time to Say Goodbye

Cool Down & Farewell

Breathing In, Breathing Out

You Are My Sunshine

American Pie Goodbye

So Long, Farewell
Breathing In & Out

Set to the tune of “Brahms’ Lullaby”

Breathing in, breathing out,
Calming down and slowing.
Think about pleasant things,
See the clouds floating by.

Breathing in, breathing out,
Feel your muscles relax.
Feel you heart slowing down,
And the calm flowing in.
You are my sunshine,
    My only sunshine.
You make me happy,
    When skies are gray.
You’ll never know, dear,
    How much I love you.
Please don’t take my sunshine away.

When you are smiling,
    And making music.
You make me happy,
    When days are blue.
So keep on laughing,
    And keep on singing.
It’s time to say goodbye to you.

CHORUS
Set to the tune of “American Pie”

Bye, bye, time for sayin’ goodbye.
I wish I could stay but I really must fly.
   I’ll see you next week,
   Same place and time,
Oh now we have to say goodbye.
   Now we have to say goodbye.

And we are singin’

CHORUS

Bye, bye, ________, goodbye!
Bye, bye, ________, goodbye!
Bye, bye, everybody, goodbye!
   Goodbye.
So long, farewell,
To you, my friends.
Goodbye, for now,
Until we meet again.

It’s been great,
Singing together.
Now it’s time to say goodbye...

So long, farewell,
To you, my friends.
Goodbye, for now,
Until we meet again.

Goodbye ________,
Goodbye ________,
Until...we meet...again!

The End.