Music Therapy Works!

June 2014

IDEAS Conference
Epworth by the Sea

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State Licensed Music Therapist

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Learn practical ways to incorporate music, movement, auditory and sensory skills, rhythm, team building and brain research into curriculum and standards, while working with social skills, cognitive skills, and cultural awareness. Discover ways to present coping strategies and tools for success from a Music Therapist who serves students with Severe Emotional Behavior Disorders, and others, in a school setting.
Music is organized sound and silence: OSS

You are allowed to do anything in this class
To enhance your understanding
As long as you do not bother anyone else.

http://www.loveandlogic.com/

Listen. auditory media, hearing can be tricky

Wait. Instructions will be given, technology fails

Ask. Write questions on cards, sticky notes

Manners. Phones, sounds can be distracting
Hello

Assess needs, space, site, hear, mood, ability

My Name is ______________________
And I’m feeling ____________________

Listen for others’ feelings.

Social skills practice, listen for empathy, identify feelings for myself and others, waiting turns, talking with others, appropriate conversation, introductions

www.musictherapy.org
American Music Therapy Association
What day is today?

American Sign Language = ASL

labeling days of the week, kinetic memory, volunteering, reality orientation

www.aslpro.com
American Sign Language/Professional Video dictionary

Perfect fourth is one of the most familiar to western world. Used for comfort.
What’s the month?

labeling months, spelling, visual memory, volunteering, reality orientation, current events, anticipation, organizing time, social awareness

http://pom.sagepub.com/content/early/2013/04/08/0305735613477181.abstract
Choral singing research

http://www.planetware.de/octave/earthday.html  earth tone = G
What’s the date?
Timeline, ...

What’s the number of the day?

1  2  3  4  5  6  7  8  9  10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31

• What’s the year?

2012
2013
2014

Math problems can be created and solved in a real context. Students’ reality orientation can receive a boost also.
Number Pyramid

1
1 2 3
1 2 3 4 5
1 2 3 4 5 6 7
1 2 3 4 5 6 7 8 9
1 2 3 4 5 6 7 8 9 0

cognition=number,  motion=location of sound,  sound= voice, percussion

Code: 85121215

Q17  R18  S19  T20  U21  V22  W23  X24  Y25  Z26

Orff-Schulwerk
http://www.aosa.org/
music and movement in learning
Patterns and Sequences are called **FORM** or **Rhythm** in music.

<table>
<thead>
<tr>
<th>Visual point</th>
<th>Auditory</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Visual point</td>
<td>• Auditory listen and repeat</td>
<td>• Behavior successful</td>
</tr>
<tr>
<td></td>
<td></td>
<td>seasonal</td>
</tr>
</tbody>
</table>

3 planes of complexity
Assessment of hearing
Simple to complex

patterns and sequences in the world, importance of patterns, patterns of success, listening for timbre, sequence, memory, focus, quiet
Patterns = rhythm, form

• xyz xyz xyz  xyz xyz ___
• 78 78 78 78 78 ___
• yellow blue red yellow blue red ______
• SMTWRFS SMTWRFS SMTWRFS ___
• Falcons, Hawks, Braves, Falcons, Hawks, Braves ___
• 🏀 🏀 🏀 🏀 🏀 🏀 ______
• FD SC OT  FD SC OT  FD SC _____
• mad happy calm  mad happy calm ______
• sunny warm sunny warm sunny warm ______

Student created patterns include:

Mom here, Daddy gone, Mom here, Daddy gone, Mom here, Daddy gone, ______

hibernation, bears asleep, hibernation, bears asleep, hibernation, __________
What’s the weather?

Reality orientation, familiarity, routine, patterns, match symbol with real, ASL

Shows ‘present’ behavior, presents cognition without sound.
Turn in your homework NOW

**Reality Orientation**

- Calendar
- Weather
- Holidays
- Current events (musical)

For older/higher functioning students
- Awareness of others’ preferences
- Billboard - #1 song across genres
- Amazon – free short listen

Describe before evaluate

Georgia Performance Standards

https://www.georgiastandards.org/Standards/Pages/BrowseStandards/FineArts.aspx

Fine Arts - Music

Condensed from GPS, Common Core Standards


Sing

Play

Read

Admit One

Compose

Improvise

Move

History/culture

Connect with life skill

Listen, describe, evaluate
Let's move!

Many follow directions- workout recordings
Slide, macarena, chicken dance...

Kinetic brain activity, active, prep for memory, relieve stress, follow directions, imitation
Teams work together.

- Following Directions
- Self Control
- Remaining On Task
- Respect property and people

Promotes cooperation, supports differentiation.

Expected behaviors, team, group and ensemble skills, consequences.

SAM
PBIS

http://www.tolerance.org/supplement/differentiated-instruction

FD
SC
OT
RPP
Notation

Mathematics symbols:
+ = -
( ) % $ < 

ELA symbols:
. : “ ?

Reading music, decoding meaning, repetition
GPS, esteem, creativity, rules, turn taking

Choose one and explain.
Teacher choose.
Take turns.

Create while we sing Jeopardy song
Introduction to step routines

Doctor Martin Luther King, Junior (3x)

Peace, Love, Freedom and... Brotherhood (3x)

These are the principles on which he stood. (1x)

Nobel Peace Prize (3x)

Take the words out of your mouth and lock them in your brain. Put the key in your pocket.
Repeat as a round or in a circle. Slap thighs and hang head to finish.
Music in America since 1900

• **Gospel**, 1900 – freedmen, church, instruments, south
• **Jazz (Blues)**, 1900 – NOLA
• **R & B**, 1920’s – Ragtime and Blues changed to R&B in 1939 to sell
• **Rock n Roll** – 1950’s - during Civil Rights struggle, teens
• **Rock** – 1960’s – young adults, revolt
• **Motown, Soul, Funk, Disco** – 1960’s – 70’s
• **Rap** – 1970’s - teens, rock - R&B
• **Hip Hop** – 1990’s

An alternate way to study history.
Steady Beat

- Check that heart beat. -right hand, left heart.
- Beat vs. Rhythm explanation
- One volunteer
- Steady Beat
- Support
- Village support
- Check that heart beat. – right hand, left heart

Use Metronome app on phone to check increase or decrease.
Resting Heart rate should be 72bpm to 80bpm.
<table>
<thead>
<tr>
<th>Information to be included on poster</th>
<th>You did the minimum.</th>
<th>Good try. B</th>
<th>Yes! You did a great job!</th>
<th>points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Name of Musician</td>
<td>c 1 point</td>
<td>2 points</td>
<td>A 3 points</td>
<td></td>
</tr>
<tr>
<td>2. Instrument(s)</td>
<td>You stated the instrument.</td>
<td>You stated the instrument and had a picture of it.</td>
<td>You stated the instrument, had a picture and explained about the instrument.</td>
<td></td>
</tr>
<tr>
<td>3. Birth date/death date plus other dates</td>
<td>You displayed the birth and death years.</td>
<td>You displayed the person's birthday and the death-day.</td>
<td>You displayed the birthday and the death-day and included other days important to this person.</td>
<td></td>
</tr>
<tr>
<td>4. City</td>
<td>You displayed the name of the city of birth.</td>
<td>You displayed the name of the cities of birth and death.</td>
<td>You displayed the cities where this person was born, worked, and died.</td>
<td></td>
</tr>
<tr>
<td>5. pictures</td>
<td>You included a picture of the person.</td>
<td>You included a picture of the person and the instrument.</td>
<td>You included pictures of the person and the instrument as well as another related picture.</td>
<td></td>
</tr>
<tr>
<td>6. sources</td>
<td>1 source</td>
<td>2 sources including a website</td>
<td>3 sources including one book and one website</td>
<td></td>
</tr>
<tr>
<td>7. Decor</td>
<td>You used only two colors.</td>
<td>You used 4 colors.</td>
<td>You used a lot of colors and made it ‘pop’.</td>
<td></td>
</tr>
<tr>
<td>8. oral presentation</td>
<td>You read your poster.</td>
<td>You knew where to find information on your poster.</td>
<td>You knew information without looking at your poster.</td>
<td></td>
</tr>
<tr>
<td>Extra credit:</td>
<td>Music or extra ------</td>
<td>Décor or power -------</td>
<td>Point or ?</td>
<td></td>
</tr>
<tr>
<td>Totals:</td>
<td>8 to 15 points = C</td>
<td>16 to 23 points = B</td>
<td>24 or more points = A</td>
<td></td>
</tr>
</tbody>
</table>
Louis Armstrong

Born 1901 New Orleans, Louisiana

Abandoned - was in jail then group home

third grade education

mentor: Joe Oliver

toured in Henderson’s band

friend: Duke Ellington

gave money to group homes

Died 1971 New York City
Honey honey bee ball
I can't see y'all

Y'All hid?
Nooo

Y'All hid?
Nooo

Y'All hid?
Yessssss

I went to the river
Couldn't get across
Paid five dollars
For an old blind horse
One leg broke
The other leg cracked
Great godamighty how the horse did rack.

Y'All hid?
Nooo

Y'All hid?
Nooo

Y'All hid?
Yessssss

Me and my wife and a bobtail dog
Crossed the river on a hickory log
She fell in
And I fell off
It left nobody but the bobtail dog

Y'All hid?
Nooo

Y'All hid?
Nooo

Y'All hid?
Yessssss

A one, a two
I don't know what to do
A three, a four
I don't know where to go
A five, a six
I'm in a terrible fix
A seven, eight
I made a mistake
A nine, a ten
My eyes are open
I'm a 'lookin' . . . I'm a 'lookin' . . . I'm a 'lookin'.

Song game attributed to Harriett Tubman to teach hiding and stories.
Which came first? Label them.

1. Boombox
2. Turntable
3. CD Player
4. iPod
5. Gramophone
6. Record Player
How do we hear?

Where is the drum?
Radio formats

Total Listeners to Each Format

Fill in the missing formats and percentages.
Read a book
(or watch a short movie)

• Title

• Vote.

• Highest vote wins.

• Listen.

Informal data: students prefer to be read to vs. watching a film

Ash Street choices:
No Mirrors in My Nanna’s House by Y. Barnwell

And the Winner Is by LL Cool J

Don’t Laugh At Me By Seskin & Shamblin

www.squeegi.com
Squeeky clean short films
www.Teachertube.com
www.Schooltube.com
Usable teaching enrichment
Books on CD: best source is amazon.com

Lyrics are poetry, literature is everywhere, songs can be stories, short clips to reinforce or enrich learning.
Five Finger Sweep

Breathe in.
Hold your breath.
Count to 5 with your fingers.
Release the air - no sounds.
Repeat.

Relax.

Coping strategy
Wait.
Before you go...

Stop to think.

Ask your question now...or
Please put your questions here.

Take all your stuff

Thank you!

Gracias
شكرا
Grazie
תודה
Merci
Goodbye

Stand up,

line up,

hush up, - -

listen up,

hand up? - -

keep up.

Now it’s time to go.

Following directions, waiting, turn taking, accepting responsibility for actions, prep for transition
Learn practical ways to incorporate music, movement, auditory and sensory skills, rhythm, team building and brain research into curriculum and standards, while working with social skills, cognitive skills, cultural awareness. Discover ways to present coping strategies and tools for success from a Music Therapist who serves students with Severe Emotional Behavior Disorders, and others, in a school setting.