



COVID-19 Resources for Music Therapy

Resources		
Focus Area	Links	Notes
Academics	Sing Along Songs: Reading Skills Alphafriends Song School House Rock Songs & Videos	A variety of songs to address reading skills (Ex. Letters, consonants, consonant blends, spelling, etc.) Song and video for practice of letter sounds and recognition. School House Rock songs and videos to help your child learn and practice a variety of academic topics.
Communication	Expressive Language Labeling	Ideas for helping your child express his/her wants and needs through music. A simple song to practice labeling.
Social Skills	Social "Helps" Following Directions	Simple musical games to bond with your child and help improve social skills. Use your child's favorite songs or instruments to individualize the activities. Ways to use music to help your child hear and understand directions.
Routines & Transitions	Tunes for Tasks	Instructions for using music to help with routines and transitions. Some examples provided.

	Spotify Playlists for Everyday Routines	Playlists for a variety of everyday family routines.
Impulse Control	Move and Freeze	<p>A fun song to help your child practice impulse control. <u>No instruments needed.</u></p> <p>You can also facilitate this using other recorded music by starting and stopping your child's favorite songs. Instruct your child to dance when the music plays, and stop when the music stops.</p>
Movement	10 Movement Songs for Kids Many of the songs in the link above can be found on Stephanie Leavell's Spotify playlist: Movement Songs for Kids	How to choose movement songs to use with your child and a list of 10 to get you started.
Other Activities	Make Your Own Instruments from Everyday Objects	Make your own instruments from common household items. Then use these instruments to work on impulse control, focus, and fine motor skills.
Strategies for Calming	<p>Easy to use calming strategies for Individuals with Autism: Part 1 & Part 2</p> <p>Yoga Song</p> <p>Music Strategies to Reduce Anxiety</p> <p>Relaxing Playlist Example #1 & #2</p>	<p>Calming strategies with video examples for students with autism or other special needs.</p> <p>A song to prompt physical stretching and mindfulness through music.</p> <p>Strategies to use music to help decrease your child's anxiety.</p> <p>Make your own relaxing playlist, or start with these!</p>
Five Ways to Use Music to Promote Skills	Autism Down Syndrome	Fantastic infographics with ideas to promote skills for students with all types of special needs.

Tuned Into Learning Videos	Tuned Into Learning Youtube Channel	A variety of videos to help students with special needs learn and practice skills.
Collections of Songs by Category or Theme	Listen & Learn Music The Learning Groove Nancy Stewart's Songs of the Month	<p>A variety of songs by category, theme, or skill area. Songs are available to listen to for free on the Listen & Learn website.</p> <p>Search for songs by theme or topic (ex. emotions, numbers, animals, places, nature.).</p> <p>Recordings, lyrics, and .pdf sheet music for a variety of thematic songs for kids.</p>
Music Listening/Entertainment	Laurie Berkner or Laurie Berkner on Youtube Jim Cosgrove on Spotify or Jim Cosgrove on Youtube Kidz Bop on Spotify or Kidz Bop on Youtube Top 100 Kids Party Playlist on Spotify Kid Friendly Adult Playlist on Spotify Songs for Bathtime Playlist on Spotify	<p>Fun songs for kids that promote movement, entertainment, and engagement.</p> <p>Popular songs from the radio made clean and covered by the group "Kidz Bop."</p> <p>For younger children.</p>
Free Music Apps for the iPad	Garage Band Launchpad PaintMelody The Piano Bongos Real Drum Rhythm Pad Tap a Tune	<p>Use loops to create music.</p> <p>Use loops to create music.</p> <p>Coloring with sound effects.</p> <p>Virtual piano.</p> <p>Virtual bongos.</p> <p>Virtual drum set.</p> <p>Virtual drum pad.</p>

	Music Sparkles AUMI	<p>Explore various instrument sounds using a colorful keyboard.</p> <p>Explore various instruments and play musical games.</p> <p>Uses the camera and head/body movement to play a melody.</p>
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