7 MUSIC THERAPY ACTIVITIES THAT ANYONE CAN DO AT HOME

EVERY DAY MUSIC THERAPY

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JUST THE BLACK NOTES



Duration: 10 minutes
Helps with: Focus and attention, Fine motor, Listening, Sensory Integration.
Resources: Keyboard

Let’s make a keyboard melody on just the black notes notes.

Background:

On a piano or keyboard all the black notes notes belong to the Pentatonic scale - this means that it’s impossible to play a wrong note if you stick to just the black notes.

Try the following exercises:

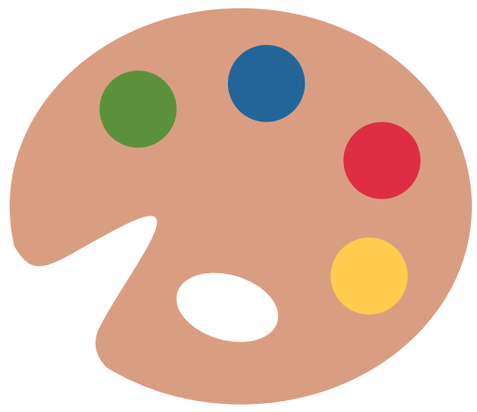
Using one finger play one note at a time, slowly.
Using one finger in each hand, play two notes at the same time, fast.
Using two fingers in each hand, play four notes at a time - any speed.
Use all five fingers on both hands and play up and down the keyboard.

Extension:

Two people sit next to each other at the keyboard - one plays the long held notes in the lower register while the other plays a melody in the upper section of the keyboard. After 5 minutes swap roles.

For more info on this activity and a backing track to play along to, check out the Online Music Therapy Podcast.
https://www.playanything.com.au/podcast

LET'S DRAW!



Duration: 20 minutes
Helps with: Focus and attention, Fine motor, Relaxation. Emotional regulation.
Resources: Blank paper. Pens, pencils, markers.

Choose some music which you enjoy and get ready to let out your inner artiste!

Try the following exercises: (or draw whatever you feel like!)

1. **Swirly**

For the duration of an entire song, without lifting your pen off the page, draw a continuous swirl. Try to match the speed of the song.
Optional: Try again with a different colour. Colour in

2. Trace

Trace around your hand. Write down positive words to describe yourself to fill up the entire hand.

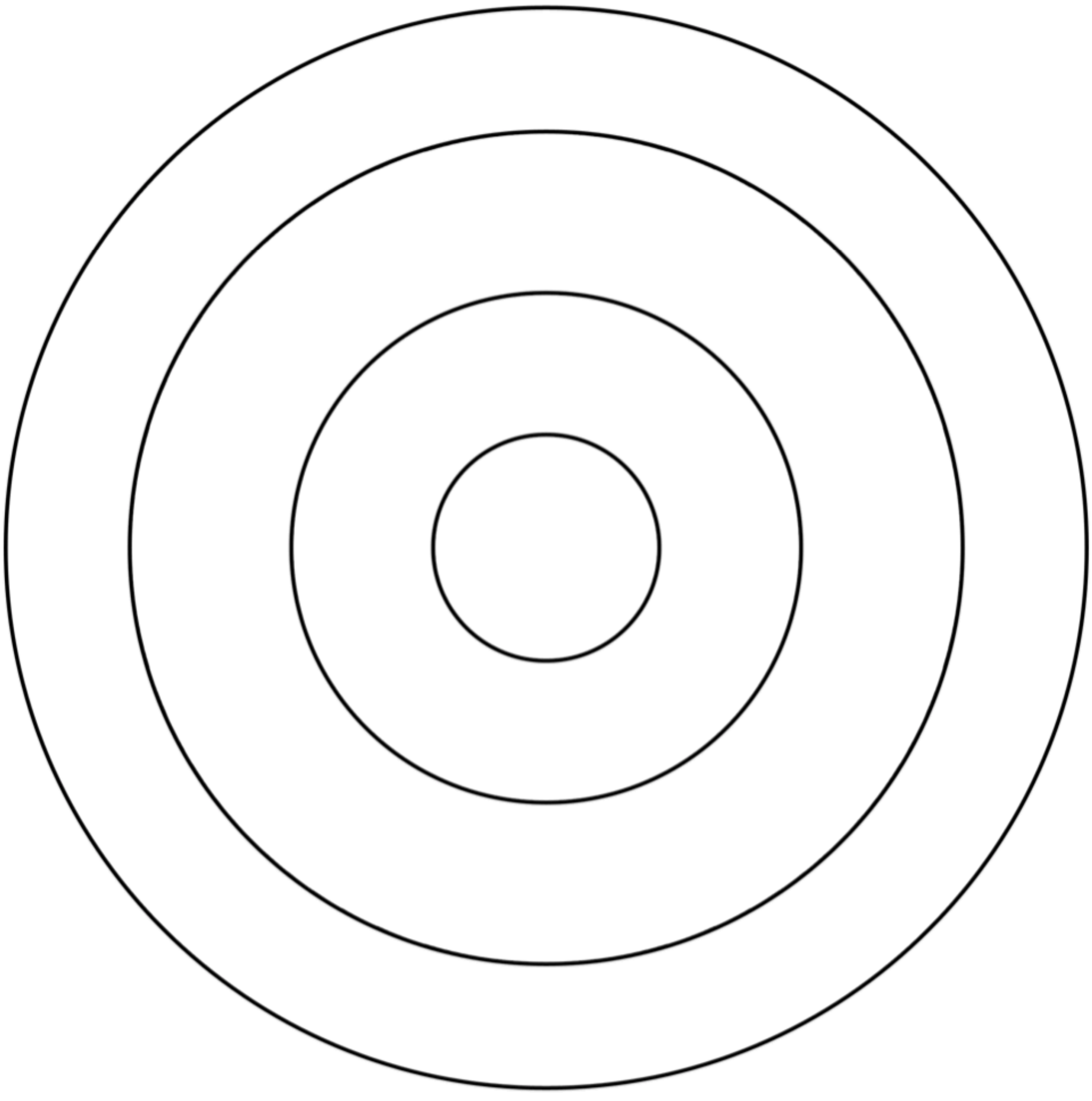
3. Mandala

Creating mandalas has been used as a spiritual / mindfulness practice for thousands of years. Use the template on the next page to create a pattern which expands out from the centre circle, or start your own using whatever shapes you wish.

Extension:

Design your own instrument - Draw a diagram. Describe the different parts and how it produces sound. Send your creations on carlin@playanything.com.au

LET'S DRAW!



MAKE YOUR OWN BEAT



Duration: 15 minutes

Helps with: Executive functioning. Planning and sequencing.

Resources: Laptop or desktop computer.

Head to https://splice.com/sounds/beatmaker

To add a drum hit click on the grey squares. To erase click on the square again.

Exercises:

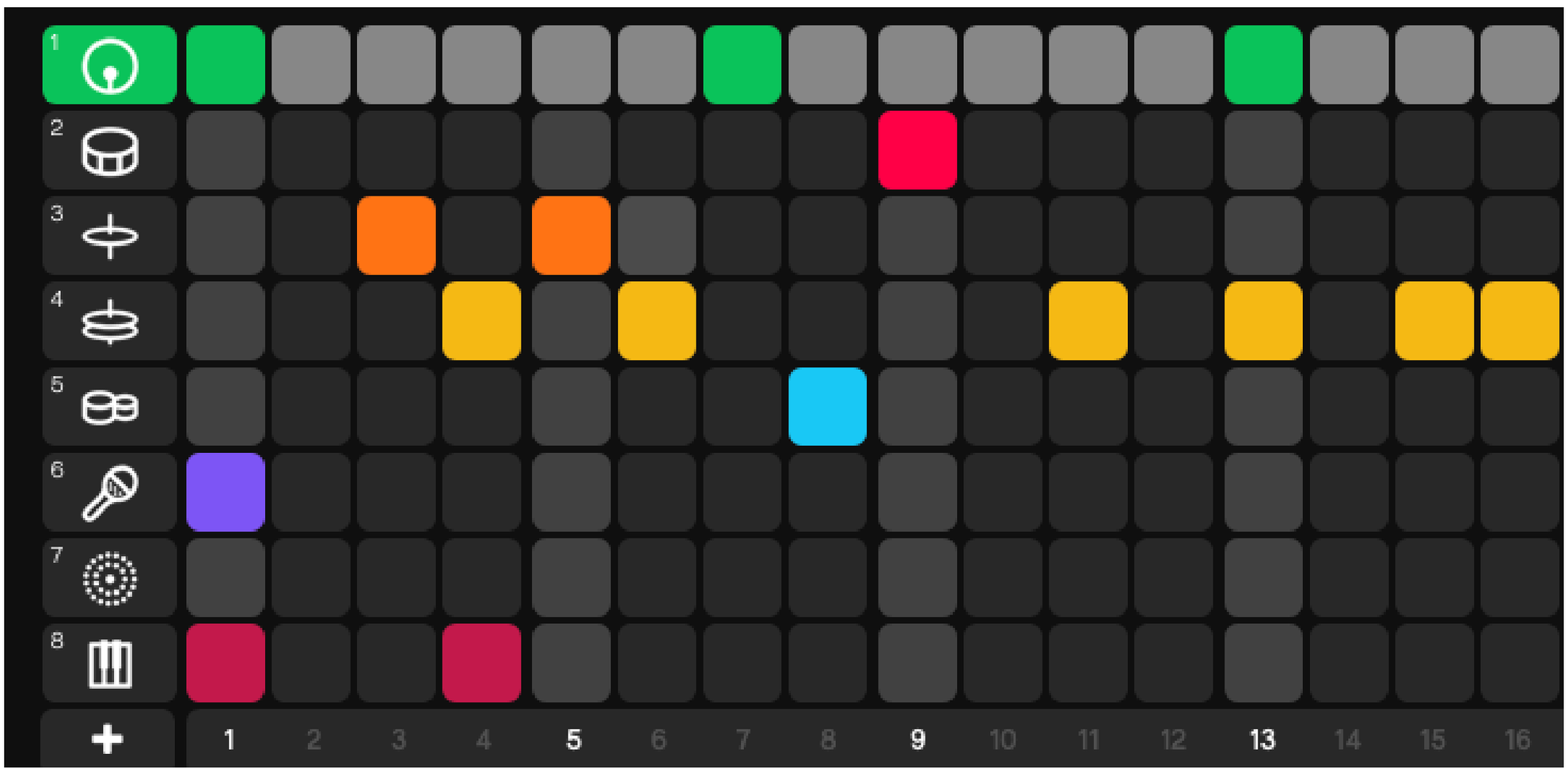
Create a beat with just two sounds.

Make a beat that is easy to dance to.

Make a beat that is impossible to dance to.

Adjust the tempo (top LH corner)

Change the drum kit samples (top RH corner)



AI DUET



Duration: 10 minutes

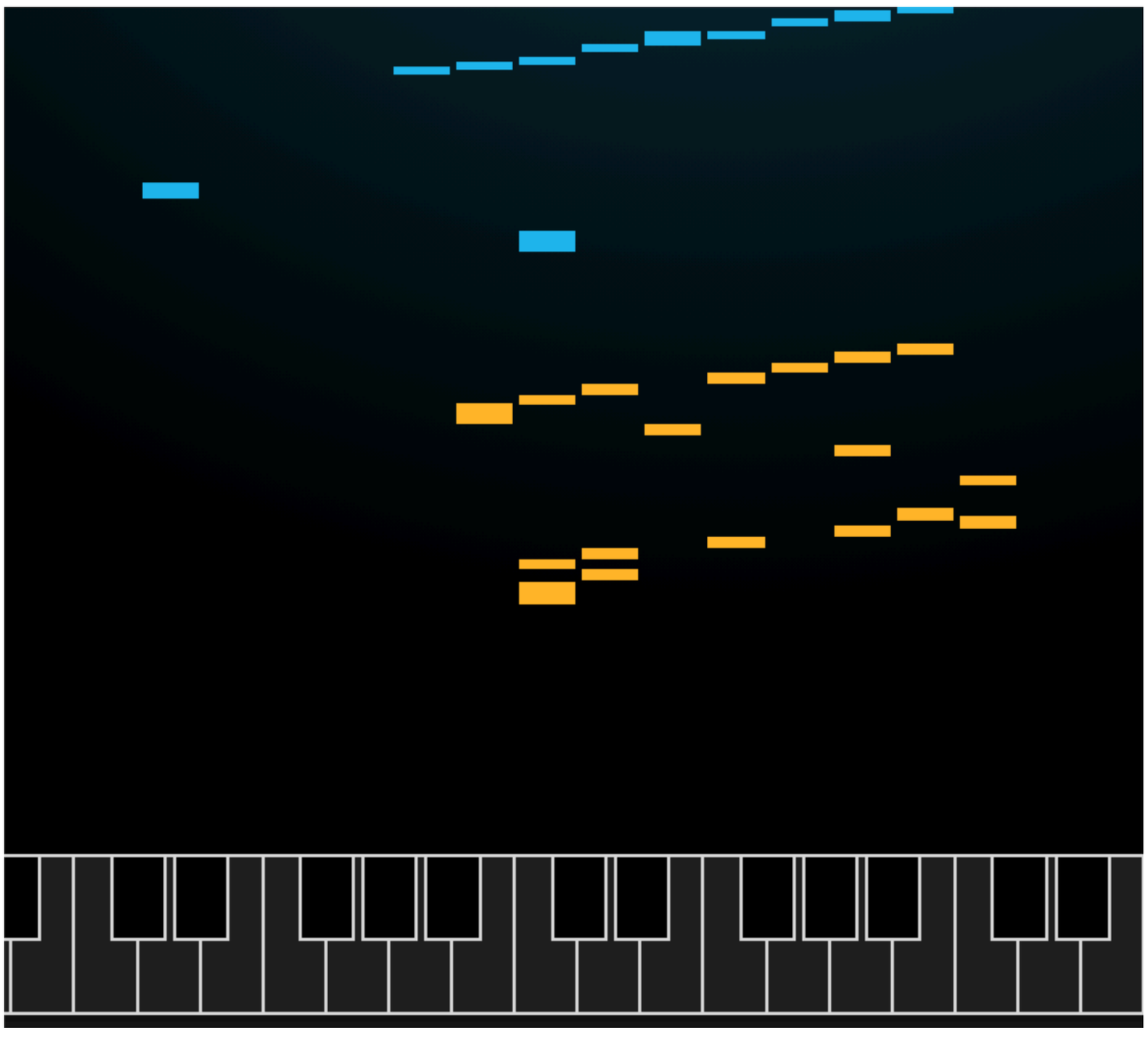
Helps with: Listening. Planning and sequencing.

Resources: Laptop or desktop computer.

Head to https://experiments.withgoogle.com/ai/ai-duet/view/

Create music by clicking on the keys. The computer will respond to what you play. Vary how you play - try short and long notes, high and low, fast and slow.

DId the computer do a good job responding to what you played?



FIELD RECORDING



Duration: 30 minutes
Helps with: Listening. Executive functioning.
Resources: Any device that can record audio.

Use a phone, tablet or computer to record the sounds around you.

Here are some suggestions to get you started, but feel free to record any sounds you find interesting.

- Tapping on different surfaces *(e.g. wood, metal, plastic)*
- Nature sounds *(birds, insects, pets)*
- Wind in the trees
- People speaking *(Ask for permission first!)*
- Running water

Extension:

Log on to https://bookcreator.com and create a story using the sounds you have collected. You can add pictures, text and sound.

You will need an email address to sign in to Book Creator.



BODY SYNTH

Duration: 10 minutes

Helps with: Co-ordination. Gross Motor. Proprioception.

Resources: Laptop or computer with a webcam.

This website let's you make music just by moving your body.

Using the Google Chrome browser, head to:

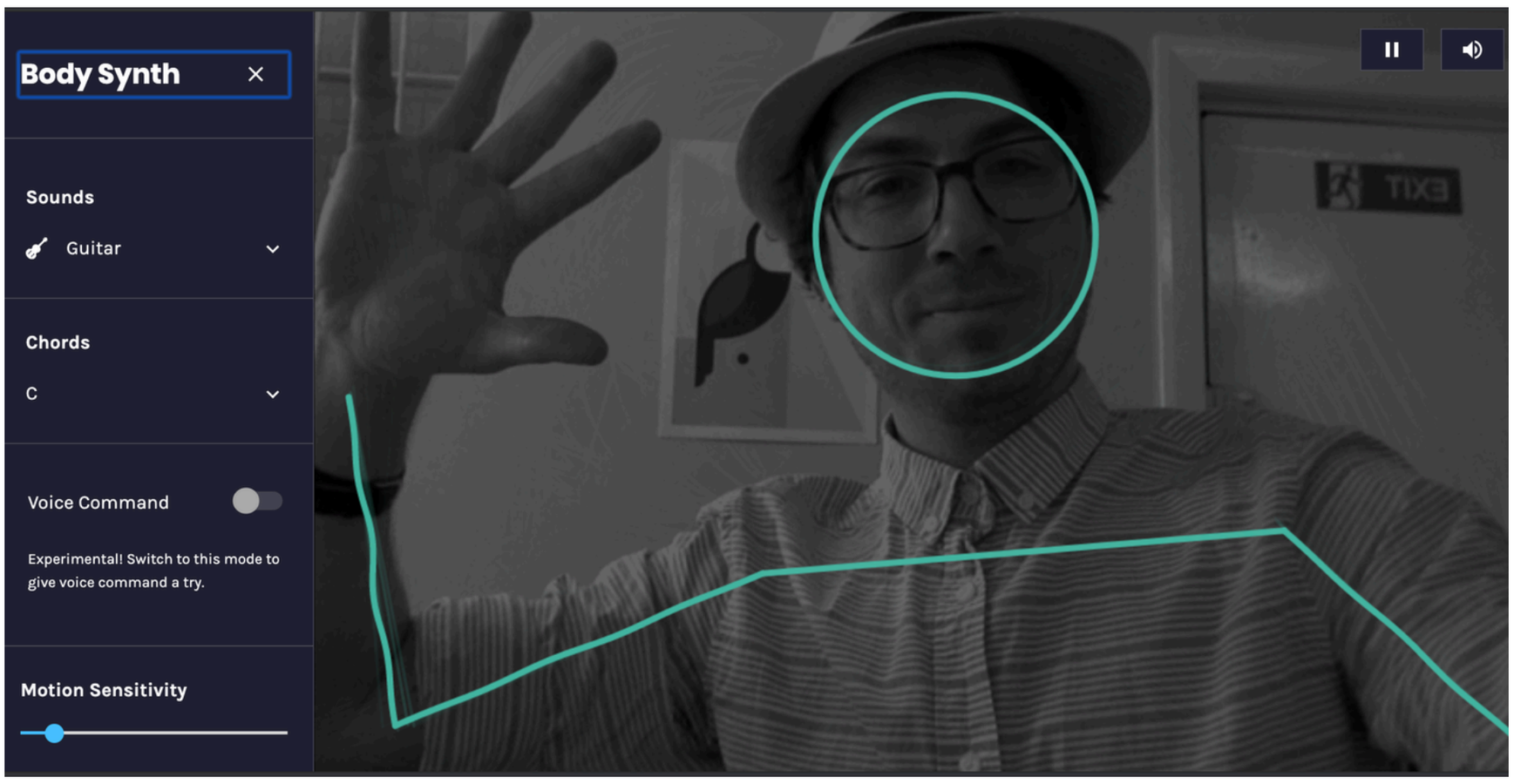
https://creatability.withgoogle.com/body-synth

Use the menu on the left side of the screen to change the instrument and chords.

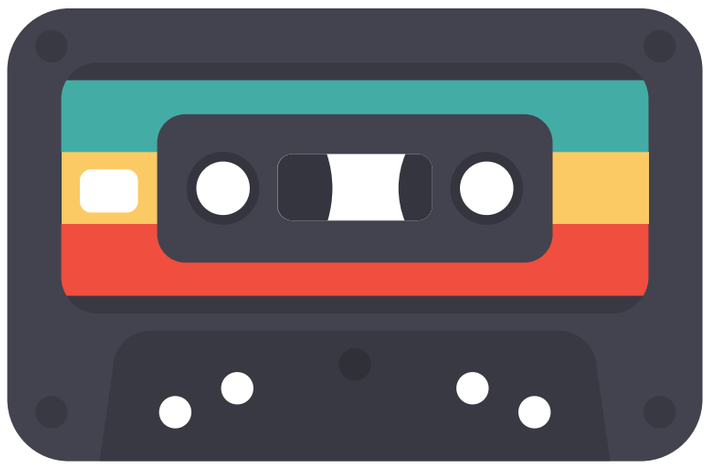
Extension:

Try using the 'Voice Command' to change the instrument or chords.

Get a friend to play an instrument along with the Body Synth. Swap roles.



FAVOURITES / MIXTAPE



Duration: 30 minutes

Helps with: Executive functioning. Emotional awareness.

Resources: Pen and paper. Laptop or computer.

This activity will be in two parts.

Part A:

Make a list of your favourite songs.

Write down as many as you can think of.



Part B:

Using the songs from Part A, let's make a Mixtape.

Head to your favourite music streaming platform (YouTube, Spotify, Apple Music etc) and create a personalised Mixtape for a friend or family member.

What is a Mixtape?

A mixtape is a playlist of songs that you can share with someone you care about. Making a mixtape is a great way to let someone know they are important to you and share songs that you love.

Extension:

Make different playlists for different moods (e.g. Relax, study, exercising, party songs, etc).

FAVOURITES / MIXTAPE

Your favourite songs: