

**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.

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.

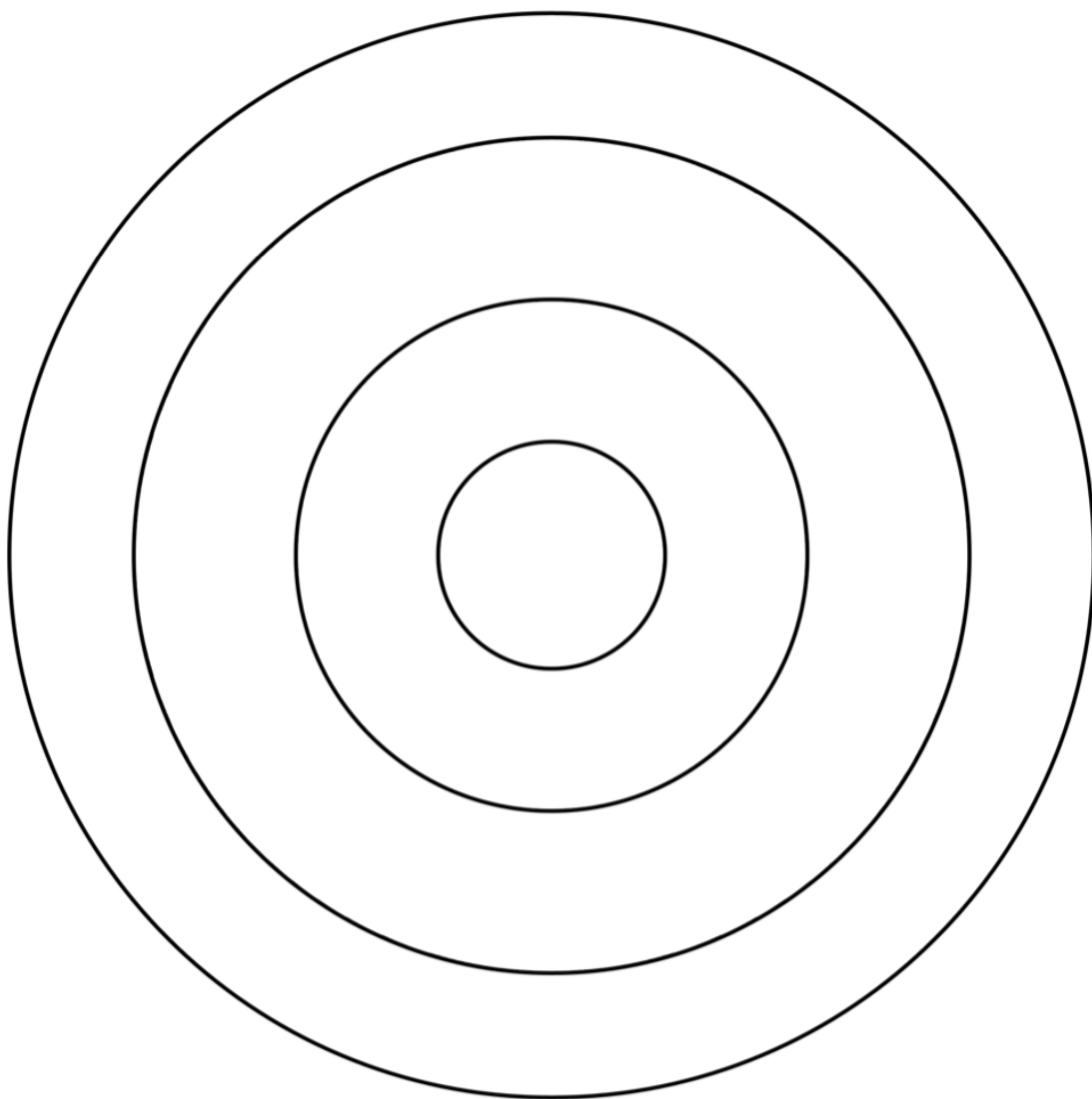
3. Mandala

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:

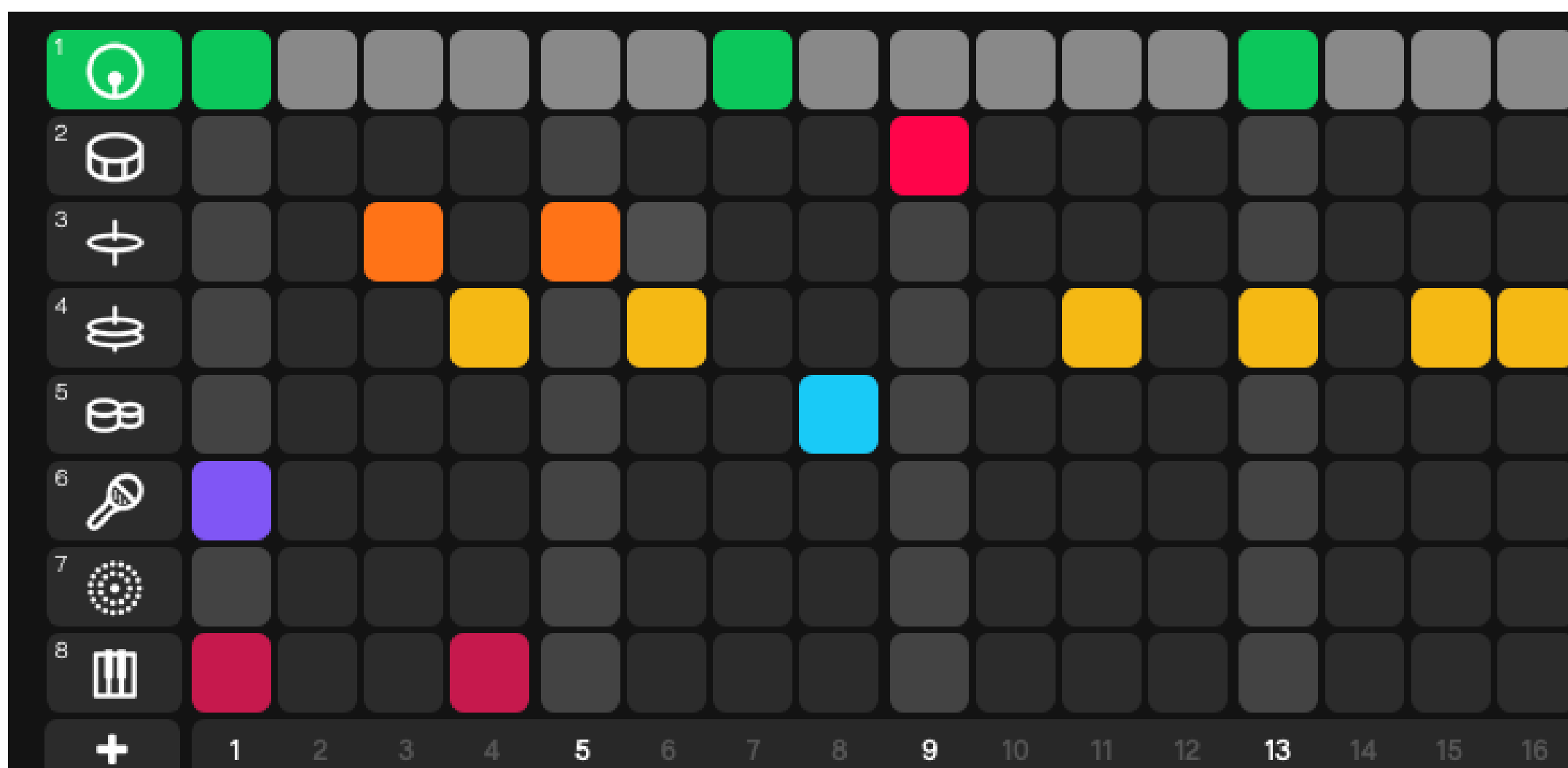
Create a beat with just two sounds.

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

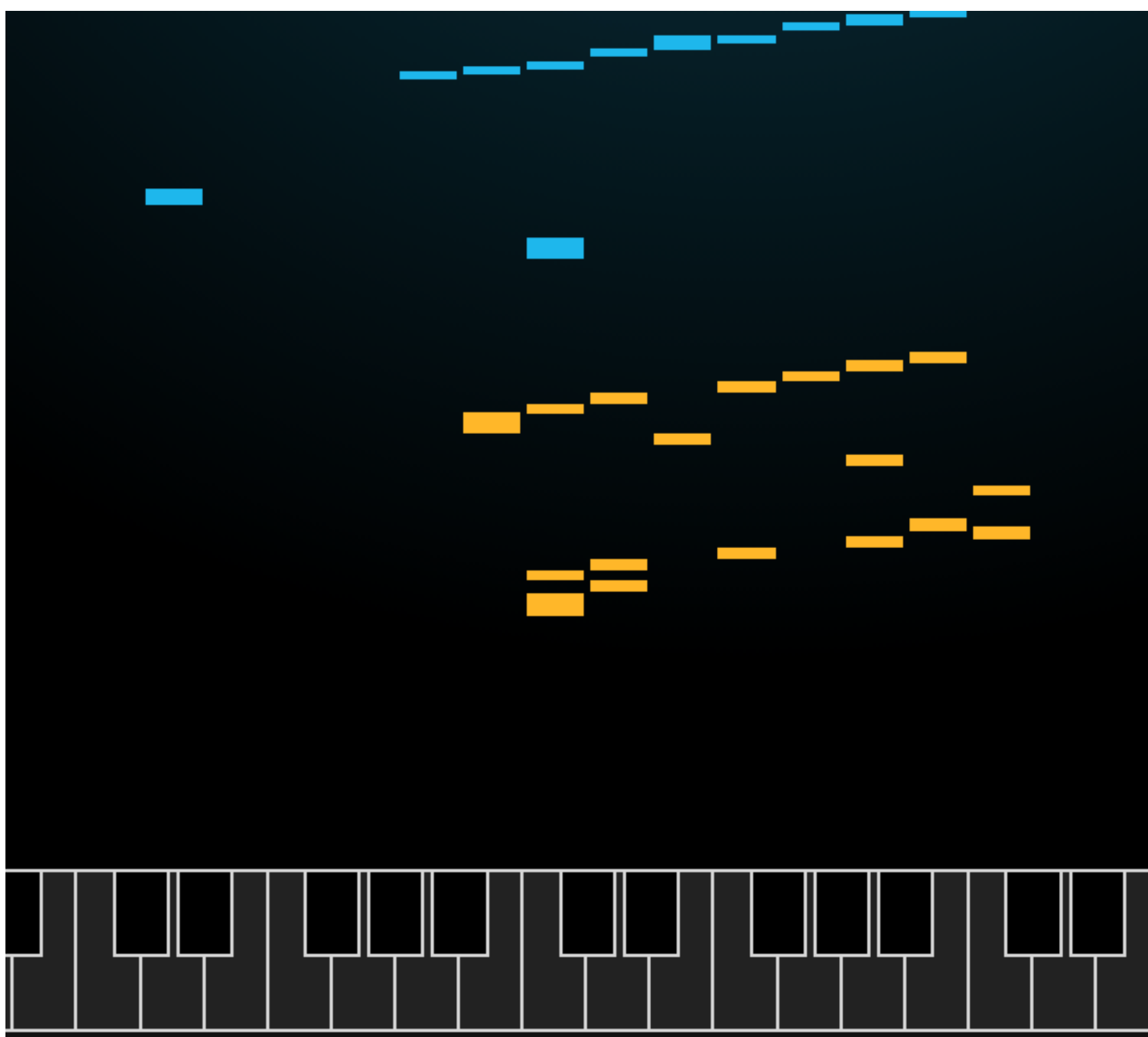


| | |
|--------------------|-------------------------------------|
| Duration: | 10 minutes |
| Helps with: | Listening. Planning and sequencing. |
| Resources: | Laptop or desktop computer. |

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 different 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:

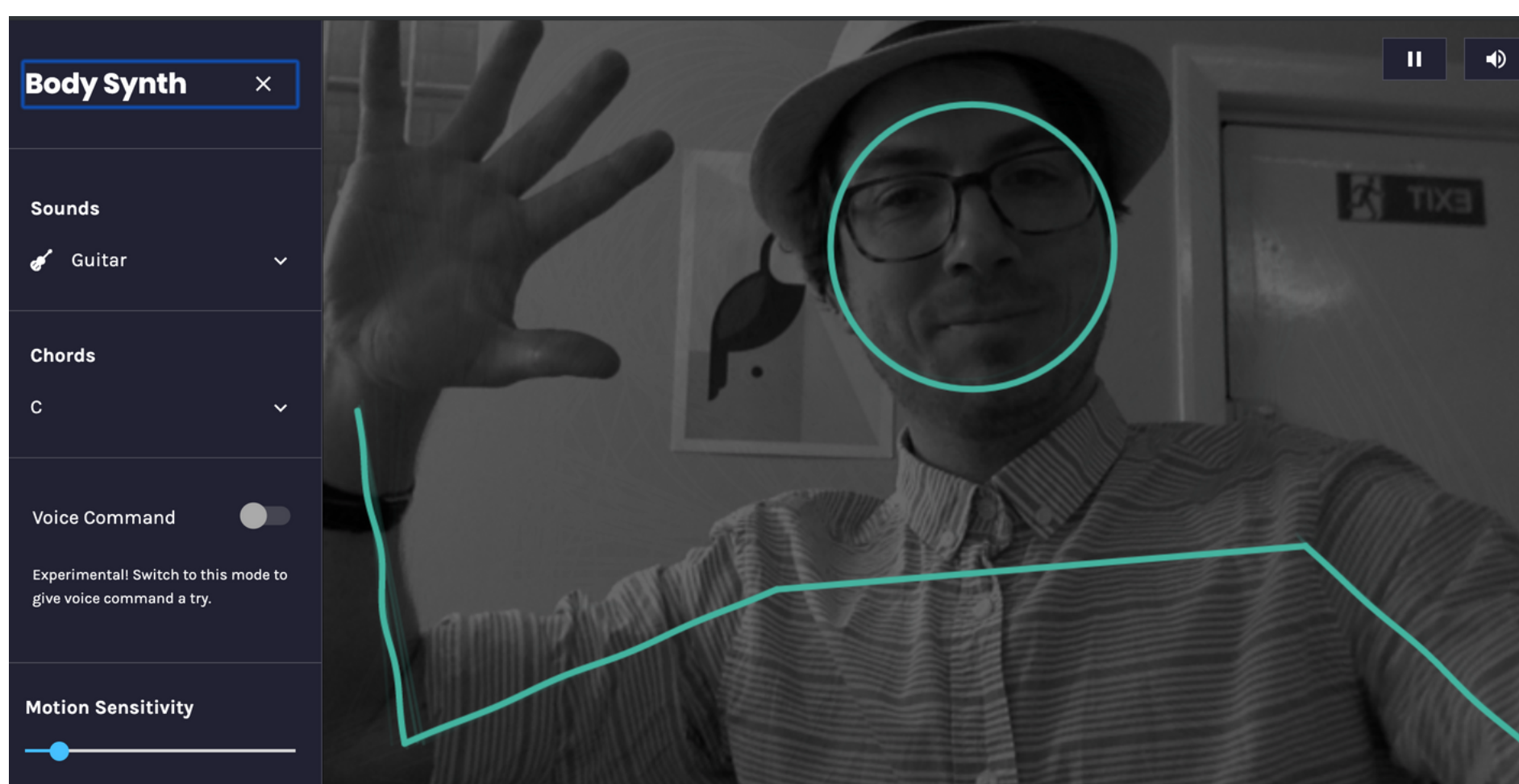
<https://creatability.withgoogle.com/body-synth>

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

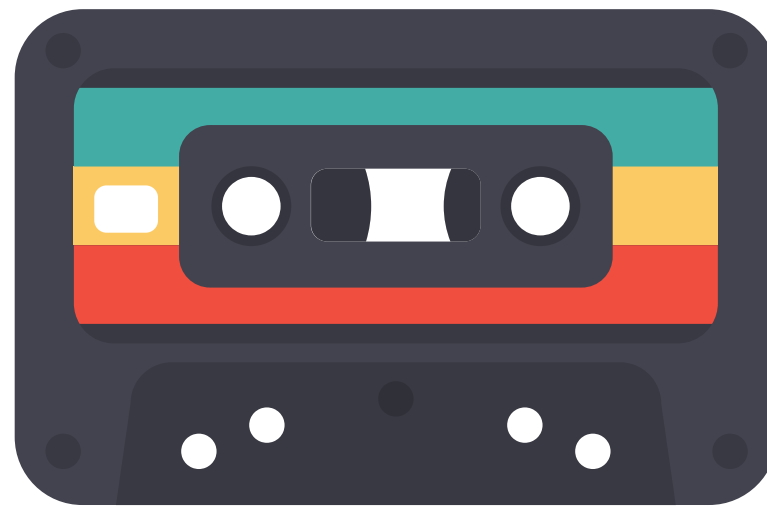
Extension:

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

Get a friend to play a 'real' 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 suan.fm and create a personalised Mixtape for a friend or family member.

You will need an email address to save your mixtape.

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:

There are lots of ways you can create playlists with other people.

Spotify, Youtube and Apple Music allow you to easily create playlists of your favourite songs.

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

FAVOURITES / MIXTAPE

Your favourite songs: