

ACTIVITY WRITE-UP #2

Name of Activity: Weather Oriented Music Program

Name of Student: Matt Eshelman

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| Type of modality | Music |
| Type of play | Shared Cooperative |
| Interaction pattern | Intra-group |
| # of participants required | Multiple participants |
| Equipment/supplies | MP3/CD player with speakers capable of being heard in the room in which the session will be held. Chairs The song "Singin' in the Rain" accessible via MP3 or CD |
| Facilities required/environment | Quiet room with large windows that has sufficient space for each participant to feel comfortable to move about a small area. |
| Precautions | Volume must be kept at a level that will not cause hearing complications or cause participants to fall asleep. |

Directions

1. Facilitator instructs group to be seated as they enter and welcomes them to "Rainy Day Music Therapy"
2. Facilitator informs group that music will begin to play soon and to sing along out loud if they know the words.
3. Facilitator begins to play the song "Singin' in the Rain".
4. Facilitator instructs participants to clap, snap, and move along to the music within their functional limits.
5. Facilitator moves about room to influence participation by lip syncing lyrics and making eye contact with each participant.
6. Once all participants involve themselves to their ability/desire facilitator starts song over in order to have group sing along in unison.
7. Following group sing along, participants are encouraged to discuss positive emotions of being caught out in a rain storm from their younger years.
8. Facilitator encourages participants to include past experiences that engage all senses, asking guiding questions such as "does anyone remember the fresh smell after spring rain storm?", and "what does the sound of rain hitting a tin roof sound like?" and "if anyone remembers the first time they saw the movie "Singin' in the Rain" also "if anyone knows the names of the actors and actresses in the movie?"
9. Facilitator guides participant(s) in debrief session ensuring participants receive the message that foul weather is not a reason to "feel under the weather."
10. Facilitator ends session by playing "Singin in the Rain" as participants exit.

Activity Analysis

| Category | Skills |
|------------------------------------|---|
| Primary body position | Sitting (to ensure safety) |
| Part of the body required | Hands, neck, head, and arms |
| Movement | Turning and twisting hands and arms, stretching, clapping, snapping |
| Physical | Balance: dynamic sitting, balance: sitting still, bilateral integration, crossing midline, gross muscle coordination, motor control, active range of motion: upper extremities, and visual-motor integration |
| Cognitive | Arousal/alertness, attention: focused, attention: sharing attention, attention: sustaining, calculation, categorization, cognitive flexibility, concept formation, concentration, decision making: complex and simple, initiation, insight, intellectual knowledge, judgement, long and short term memory, orientation to person, place, and time, sequencing, spatial operations, abstract thought |
| Social | Conversation; starting, sustaining and ending, Heterogeneity, homogeneity, interpersonal interactions, maintaining social space, relating to equals, relating to persons of authority, relating with subordinates, regulating behavior, self-expression, social conduct, social cues, showing respect and warmth and showing tolerance |
| Perception | Auditory, Olfactory, Visual, and tactile |
| Communication/language | Receptive to spoken, written, and body language, expression of spoken language, reception and production of signs and symbols |
| Self-care | N/A |
| Psychological/emotional (possible) | Joy |

How to Simplify the Activity:?

Allow individuals to “pass” if they do not wish to discuss in group setting.

How to Make the Activity More Complex:

Facilitator may be able to involve individuals that have the ability to do so to dance the “Singin’ in the Rain”

Other Comments: