Therapeutic Music Resources During Closure

Music therapy is defined as the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Otherwise stated, it is the use of music and music-related strategies to address non-music goals, including cognitive, communication, motor, emotional, and social goals, such as those found on an IEP. Music therapy is a related service as defined by the Individuals with Disabilities Education Act (IDEA).

These resources are not to be seen as a long-term replacement for music therapy services, but rather optional material that can be accessed while at-home learning is required.

Also please note that while these resources are being provided by our music therapy colleagues that we trust, none are employed by Brennen School, and we cannot monitor or account for all activities being shared.

11 MUSIC ACTIVITIES TO DO WITH YOUR FAMILY

- [https://www.mewsicmoves.com/blogs/11-music-activities-to-do-with-your-family-during-corona-virus-shut-down?fbclid=IwAR3d7eP2ujuLx-vmGkI-Q-BJzMOTfyW3m77pJA2Ql7yNPbBg5fSmU62L-s](https://www.mewsicmoves.com/blogs/11-music-activities-to-do-with-your-family-during-corona-virus-shut-down?fbclid=IwAR3d7eP2ujuLx-vmGkI-Q-BJzMOTfyW3m77pJA2Ql7yNPbBg5fSmU62L-s)
- 5 Simple Steps to Stay Healthy Song [https://www.facebook.com/watch/?v=1124313937914977](https://www.facebook.com/watch/?v=1124313937914977)

Live Stream Music Activities led by Music Therapists

- Morning Groove at 10AM and Musical Bedtime Story at 8PM [https://www.facebook.com/heartandharmony/](https://www.facebook.com/heartandharmony/)
- MWF 2:30-3:00 kids music and movement class and 7:00pm bedtime song stories [https://www.facebook.com/maplecynamusictherapy/](https://www.facebook.com/maplecynamusictherapy/)
- Daily live stream MT Groups
Music classes every day at 11AM and 8PM (classes can include MT social groups, music and yoga, music groups for teenagers)
- [https://www.facebook.com/dynamiclynks/](https://www.facebook.com/dynamiclynks/)

Every day at 10 am and 7pm. Morning will engage your body and brain, evening will help you unwind.
- [https://www.facebook.com/momentum.music.services/](https://www.facebook.com/momentum.music.services/)

Daily LIVE music groups and read-alongs (check the schedule on their page for even more!)
- [https://www.facebook.com/infinitymusictherapy/](https://www.facebook.com/infinitymusictherapy/)

Daily Music for children daily at 12PM and 3PM
- [https://www.facebook.com/healingsoundsmt/](https://www.facebook.com/healingsoundsmt/)

Weekly Ukulele Sessions/Lessons
- [https://www.facebook.com/McKeeMusicTherapy/?hc_location=ufi](https://www.facebook.com/McKeeMusicTherapy/?hc_location=ufi)

Music Meditations offered on FB LIVE
- [https://www.facebook.com/aplacetobeva/?hc_location=ufi](https://www.facebook.com/aplacetobeva/?hc_location=ufi)

Live streaming music, art, dance, and theatre content for all ages and abilities
- [https://www.facebook.com/spectrumcreativearts/?hc_location=ufi](https://www.facebook.com/spectrumcreativearts/?hc_location=ufi)

**Groups by Music Therapists**
- An online version of early childhood music experience. Live events will be Wednesdays and Fridays 9:30am.
  - [https://www.facebook.com/groups/555525105057215/](https://www.facebook.com/groups/555525105057215/)

**Streaming Broadway Shows**
- [https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR2K5EG_u0RCn9gXHPpryGu7diYx8cNGO9te0SgYS46fJ0LqjNgl93OfHW8](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR2K5EG_u0RCn9gXHPpryGu7diYx8cNGO9te0SgYS46fJ0LqjNgl93OfHW8)

**Streaming Operas Nightly from the Met**
- [https://www.facebook.com/MetOpera/](https://www.facebook.com/MetOpera/)

**Meditations for Children**
- [https://kindredmeditations.com/](https://kindredmeditations.com/)
What if we do not have an internet connection?

There are a few options available during this time of need.

- **FCC agreement** stating that providers will waive late fees, not cutoff service for lack of payment, and open hot-spots.
- **Comcast COVID-19 response**: offers free WiFi for 2 months to low income families plus all Xfinity hot-spots are free to the public during this time.
- **Charter Free Internet offer** for 2 months.
- **AT&T COVID-19 response**: offers open hot-spots, unlimited data to existing customers, and $10/month plans to low income families.
- **Verizon COVID-19 response**: no special offers, but following the FCC agreement.
- **Sprint COVID-19 response**: follows FCC agreement, provides unlimited data to existing customers, and, starting Tuesday, 3/17/2020, will allow all handsets to enable hot-spots for 60 days at no extra charge (I expect others will follow).
- **T-Mobile COVID-19 response**: follows FCC agreement, plus unlimited data to existing customers, and, coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge (I expect others will follow).