



HARMONY GARDEN

MUSIC THERAPY

Music Intervention Guide

“Macaroni & Cheese”

Adapted by Jaime Lawrence, MT-BC

Population:

- Early childhood

Materials:

- Scarves

Goal(s):

1. To increase creative vocal expression.
2. To improve gross motor skills.
3. To increase contextual awareness of animal sounds, sizes, speeds, motions, and the correlation to vocal expression.
4. To increase understanding of opposites (big vs small).

Rationale:

- This intervention provides opportunities for the client(s) to:
 - Explore the different “voices” animals may have based on their size, speed, and natural characteristics.
 - Practice timing gross motor movements such as throwing a scarf in the air on the count of three.
 - Learn and demonstrate opposites.

Procedure:

1. Choose to facilitate this intervention either by presenting the video recording, or by singing and using props and movement.
2. Hand each client a scarf and demonstrate how to toss it in the air on the count of three.
3. When the clients are ready, substitute the word “ah-ah-ah-choo!” in place of the count of three in order to transition to the lyrics of the song.
4. Sing/play/act out the song (through the medium chosen in Step 1), prompting movements when appropriate, as described in the lyrics.
5. Discuss each animal selected. Talk about their sounds, movements, size, etc.
6. Imitate sounds or movements to help recreate the animal with the participants before singing the verse.
7. Repeat the verses using different animal voices.
8. Complete the song by singing the verse one more time in a “normal” voice.
9. Use any of the following extensions/adaptations to complete or add to the intervention, based on your client’s/group’s needs and abilities.

Extensions/Adaptations:

- Allow the clients to choose an animal to imitate and discuss what that animal would sound like and why.
- Discuss other opposites such as fast vs slow, underwater vs on land, etc.

