



# HARMONY GARDEN

## MUSIC THERAPY

### Music Intervention Guide

## “You Are Safe”

Jaime Lawrence, MT-BC

#### Population:

- Children/adults coping with COVID-19/Coronavirus

#### Materials:

- Guitar (optional)
- Drum (optional)

#### Goal(s):

1. To increase coping skills
2. To increase emotional awareness and expression.
3. To increase verbal communication skills.

#### Rationale:

- This intervention provides opportunities for the client(s) to:
  - Learn that it is okay to have different feelings and emotions.
  - Emotionally connect and process their thoughts with the therapist/leader.
  - Assess their feelings and place an appropriate descriptive word to them.
  - Express their emotions in an accepting, non-threatening environment.

#### Procedure:

1. Choose to facilitate this intervention either by presenting the video recording, by playing the guitar, or simply by singing through the song.
2. Sing/play the song (through the medium chosen in Step 1).
3. Open up discussion about any feelings or thoughts clients might have about the present.
4. Identify words that associate with the feelings/thoughts expressed.
5. 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 opportunities for the clients to incorporate their descriptive words into the lyrics of the song, in place of the word “sad”.
- If clients are nonverbal or choose not to speak, present opportunities for them to express their feelings through improvisational drumming or singing. For example, when singing about being “sad”, ask the client to “play/sing sad” before moving on to the chorus.
- Have clients draw or write while listening to the song. Use these drawings/notes as a base for discussing the lyrics.



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MUSIC THERAPY

Lyric & Chord Sheet

## "You Are Safe"

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A song for coping with COVID-19/Coronavirus

Key of C

VERSE 1:

C  
I see that you are feeling sad today  
F G  
And that's ok,  
C  
That's ok.

CHORUS 1:

C F G Am  
Because it's hard to know what's going on.  
F G Am  
It's hard to know what's going on outside  
F G Am F  
It's hard to understand what's going on.  
F G F G C  
It's ok to be sad, please know that you are safe.

VERSE 2:

C  
I see that you are feeling mad today  
F G  
And that's ok  
C  
That's ok

CHORUS 2:

C F G Am  
Because it's hard to know what's going on.  
F G Am  
It's hard to know what's going on outside  
F G A F  
It's hard to understand what's going on.

F G F G C  
It's ok to be mad, please know that you are safe.

BRIDGE:

F G Am  
You are my friend.  
F G Am  
You are my friend.  
F G Am F  
You are forever my friend.  
G F G C  
Near or far, it's ok and you are safe.

VERSE 3:

C  
I see that you are feeling happy today  
F G  
And that's ok  
C  
That's ok

CHORUS 3:

C F G Am  
Because it's hard to know what's going on.  
F G Am  
It's hard to know what's going on outside  
F G Am F  
It's hard to understand what's going on.  
F G F G C  
It's ok to be happy, please know that you are safe.

REPEAT BRIDGE