



# **MUSIC, RHYTHM & MOVEMENT**

**YANI RUBIO, NMT, MM, MT-BC**

**MUSIC THERAPIST**



**Our Body is an Instrument beating out all kinds of rhythms...**

**...Rhythm is what drives us...**

**...Each with our own rhythm...**

**Let's join our rhythms as ONE!!!**



# **MOVEMENT STRATEGIES**

- **ARE INCLUSIVE FOR ALL**
- **NEED TO BE AGE APPROPRIATE**
- **PROVIDE A RHYTHMIC CUE**
- **PROVIDE A PREDICTABLE STEADY BEAT**
- **TUNE IN TO EACH OTHER'S RHYTHMS**



# **WHY MOVEMENT & RHYTHM**

- **IT ORGANIZES YOUR STUDENT'S BODY AND MIND WITH RELATION TO THE ENVIRONMENT**
- **CAN ESTABLISH SCHEDULE AND ROUTINE**
- **CUES LANGUAGE AND PROMPTS PARTICIPATION**
- **FOSTERS SENSE OF OWNERSHIP AND INCLUSION**
- **INCREASES SOCIAL PRAGMATICS AND ACCEPTABLE SOCIAL BEHAVIORS**



## **MUSIC and Artists**

- ♪ Jack Johnson – all albums,  
In Between Dreams personal favorite
- ♪ Steel Drum Beach Party; The Island  
Caribbean Steel Drum Band
- ♪ Disney:  
The Lion Guard  
Descendants (especially 2<sup>nd</sup> movie)  
Zombies
- ♪ Jimmy Buffet

## **Supplies**

- ✿ West Music,  
[www.westmusic.com](http://www.westmusic.com)
- ✿ Oriental Trading,  
[www.orientaltrading.com](http://www.orientaltrading.com)
- ✿ Amazon – stretchy  
cooperative bands

