**Description of the Activity**

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| **Title** | **“My happy day with music”** – Music therapy workshop for students with special needs, ASD, behavioral issues, etc., listening and playing music with the help of self-made instruments |
| **Duration** | 1.5 hour |
| **Aim of the activity** | The music therapy can benefit the learners with anxiety and other behavioral disorders with its techniques, helping them to feel calm and able to focus on their everyday school tasks in a music therapy setting. After the session the students are more able to overcome their anxiety and return to normal day routine and social communication. |
| **Brief Description of the activity** | Playful therapy session in the format of a workshop that has the purpose to restore the physical, emotional and spiritual health of the learners and could be applied in class lessons, therapeutic process as a part of psychological work, kinesitherapy, etc. through performing songs and melodies with self-made creative instruments in synchronized playing, directed by the trainer. |
| **Detailed Description of the activity** | Music has been proven to tone the central nervous system, improve metabolism and blood circulation which makes music therapy becoming a psychotherapeutic method based on the healing effect of music on the psycho-emotional state of children with special need.  For children who show signs of depression, music therapy as a means of improving mood is quite successful. In fact, children who are exposed to the power of music, especially those who use movement and gesture, find greater satisfaction through the dynamics of physical movement.  The training should start in a positive and calm atmosphere with clear explanation of the tasks: the participants will take their working place and make certain instruments with the offered materials and objects. After they get ready with the instruments they will perform certain songs using musical background.  The learners could be divided into 3 groups according to the three types of instruments that should be made by them.  Each group will make a musical instrument (drum, harmonica, maracas)  Tasks during the workshop:  1. Making musical instruments  2. Divide into 3 groups according to the musical instrument  3. Performance of musical works - "Duck dance", "If you are happy", folk songs, etc.  Stages of the music therapy process:  I. Preparatory - building trust between the child and the therapist.  II. Enriching the student's vocabulary about the types of musical instruments and their sound (visual and auditory).  III. Making a musical instrument from available materials (percussion, strings, brass, etc.)  IV. Create groups by type of musical instrument  V. Singing together short ready-made musical works or improvising on the spot.  Music therapy is a method through which we can maintain and restore the physical, emotional and spiritual health of the student. I am also responsible for specific and individual needs, for various diseases, dysfunctions and special needs. |
| **Materials/Items needed for the activity** | The necessary materials are:  - Drum – a balloon, a metal bowl and a wooden ice cream stick;  - Harmonica - two wooden ice cream sticks, rubber band, two matchsticks and a shiny block;  - Maracas - option 1 - sea salt in a small metal box, option 2 - beans in a small cardboard box, option 3 - lentils in a small plastic box |
| **Evaluation** | The successful execution of the training using cooperative work, voice, movements and gestures could lead to healing effect on the psycho-emotional state of learners with special need, should improve their mood expressing greater satisfaction through the dynamics of physical movement and singing. The trainer should create an atmosphere in which children can reveal their potential, through words, sounds and action. |
| **Other comments** | The duration of the music therapy process does not have an exact duration. It depends on the degree of the disease, the capabilities and needs of the child. The "certainty effect" is important for controlling emotions and achieving results. |