

Putting the Evidence into Practice: Designing a Plan for Student Success for Children with ASD

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Recipe for Success A group music therapy process for young children with ASD	
Students are arranged in a circle seated on chairs	
Relaxation	Two minutes of quiet music that accompanies a simple movement sequence (e.g., hands on head for count of 10).
Establish circle	Seated, students gather around a hoop and shake together while singing a welcome song.
Hello song	Students are individually recognized while they take turns playing a drum or guitar.
Seated movement or instrumental activity	Simple non-locomotor movements performed with or without instruments as modeled (e.g., tapping/clapping together, tapping knees, tapping head).
Group dance	Structured locomotor movement performed with hoop or thera-band.
Story song	Simple song based on a familiar story or book involving picture sequence, sign language and/or simple movements to accompany the song.
Relaxation	Two minutes of quiet music that accompanies a simple movement sequence as in the beginning and includes individual reinforcement (e.g., stickers or hand stamps).
Good-bye song	Students are dismissed by name as song is sung.

New and improved Recipe for Success to support engagement of young children with ASD and behavioral challenges	
Students are seated around a table with staff seated behind them	
Relaxation	One minute of quiet listening while seated at a table.
Establish circle	Seated at the table; students pound the table rather than shake the hoop while singing a welcome song
Hello Song	Students use mallets or their hands to play buffalo drums that are placed on the table while "Hello Song" is sung
Seated movement or instrumental activity	Simple non-locomotor movements performed with or without instruments as modeled with an adult partner.
Group dance	Structured locomotor movement performed with hoop or thera-band using preferred music as recommended by families.
Story song with finger puppets	With students seated on floor and individual staff support; simple song using finger puppets or other visuals that encourage staff and student engagement.
Relaxation	Return to chairs for 1 minute of quiet music and edible reinforcement.
Good-bye song	Students are dismissed as a group as song is sung

References

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