



ASC Cultural Arts Program Offering

1/24/20 Professional Development: Musical Me

At Druid Hills Academy, Charlotte, NC

Here are the links to videos, articles, props and instruments discussed today. Thanks again for participating in this morning's interactive training to support your self-care, healthy communication and use of the arts. Let us know if we missed any questioned items:

Musical Instruments

- [Remo Versa Nesting Drums](#): Tubano, Djembe and/or Timbau
- [Remo Ocean Drum](#)
- [Metal Tongue Drum](#)
- [Kororiko](#)

Props

- [Hoberman Sphere](#)
- [Puffer Ball](#)
- [Spiky Light-Up Ball](#)
- [Liquid motion timer](#)
- [Puppets](#)

Budget Note: These items can be purchased in good/excellent used condition through online FB Groups and thrift stores!

Links to Songs, Videos & Articles

- Article: [The Importance of Creative Arts in Early Childhood Classrooms](#)
- Article: [Teacher Turnover in North Carolina](#)
- Video: [What Is Music Therapy?](#) by Canadian Music Therapy Fund
- Blog: [The Musicality of Self-Reflection](#)
- Blog: [Self Care: 12 Ways to Take Better Care of Yourself](#)
- Music: [Take Five by Dave Brubeck](#)
- More Info: [American Music Therapy Association](#)

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