

# Frequently Asked Questions: Adaptive Lessons



**Service Options:** Music Therapy, Classes, Lessons, & Summer Camps

## What are Adaptive Music Lessons?

Adaptive Music Lessons are customizable music lessons for individuals with special needs. In a traditional lesson, students learn music through education on traditional music notation and technique paced repertoire. In adaptive music lessons, individuals are taught music through a variety of instruments, movement activities, rhythm games, visual aides, and more!

## Therapeutic Benefits

There are therapeutic benefits to adaptive music lessons, some of which include:

- Fine Motor Skills
- Pre-Academic / Cognitive Skills
- Proprioceptive Skills

## Individuals with Special Needs

Oftentimes, individuals with special needs become interested in learning a musical instrument. Our staff of board certified music therapists have training to work with individuals of all ages with varying diagnoses and conditions such as Down syndrome, autism, intellectual disabilities and physical disabilities. During these lessons, our music therapists are trained to adapt to fit each student's learning style.

## Adaptations for lessons may include:

- Color coded notes/ words for students how are not able to read traditional music notation
- Usage of visual aides to assist in teaching
- A focus on preferred songs and genres to encourage a positive learning environment
- Rhythm games and incorporation of other instruments to maintain attention and support learning

## CONTACT

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