

Music

Any type of music can be used as long as it appeals to the child (e.g. preference for rhythm or instruments)

Baroque music can have a calming effect due to its predictable and measured rhythm. Baroque composers include Albinoni, Pachelbel, Vivaldi, Händel, Bach, Scarlatti, Corelli

Mozart appeals to many children (try Piano Concerto Nr 21, 2nd Movement)

Ethnic folk dances can be easily adapted to the skill level of the group. The Melbourne band “Shenanigans” has produced many useful CDs, including some especially for children. Other suitable folk music include Celtic harp, Latin American harp, Pan Flute by Georghe Zamphir (can be too high-pitched for some)

Some children love to dance to **Country and Western Music**.

Drumming and percussion rhythms can have a motivating effect, e.g. CD by Gabrielle Roth, African drumming from Ghana, Brazilian rhythms)

New Age music CDs are useful for relaxation or slow movement, rocking and swaying. Michael Wild, Kitaro, Tony O’Connor, Steven Halpern, Medwyn Goddall are all suitable.

Children’s songs and nursery rhymes can be used for making dances for very young children and introducing rhymes and rhythmic speaking often encourages speech.

Most children hear Rock, Funk, Raggaie, Disco, Rap, Techno, House etc. during the day – I consider it useful mainly for teenagers.

Working with a music therapist who has a drum and accompanies the children’s dances with a variety of other instruments is an ideal partnership.