



Enriching the Mind, Body and Spirit with MUSIC!

Date: September 18, 2019

Time: 12:45-2:00 pm

Event: Community Music Wellness Program

Location: Outer Banks Presbyterian Church, Kill Devil Hills, NC

Intergeneration Group Music Therapy Goals:

1. Use music-making, singing, and verbal discussion to increase inter-generational and social interaction through moving with fruit shakers and boomwhackers to music and (i.e. eye contact, listening skills, peer-to-peer interaction to encourage bonding and fellowship).
2. Increase social stimulation, enhance teamwork, connecting and community bonding as evidenced by shaking and tapping shakers and tapping boom whackers as individuals.



Thank you Outer Banks Presbyterian Church for inviting me to facilitate a Community Music Wellness program for children and adults of all ages in the Outer Banks community. Over 25 individuals shared rhythm, energy, connection and music during a wonderful Intergenerational Music Wellness session.

We began with a short music session with the children to introduce them to the music instruments and ground rules for playing the music instruments with other children and adults.

With fruit shakers, we shook to several songs including “Shake, Shake Shake, Shake your Shaker.” We shook our shakers high, middle, low, up/down, in/out, to the beat of the song. Then the stop/go signs were introduced as we followed directions to the corresponding sign.

We also shook as we pointed to “Head Shoulder Knees, Toes, Eyes, Ears, Mouth, Nose.” Then we shook fast, slow, loudly and quietly. We also sang “I’ve Got the Fruit Shaker Blues.”



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After we collected the fruit shakers, we discussed the "rules" of playing boomwhackers

- Only tap your own body parts for floor/chair in your area
- Don't bend, even though everyone is so strong!!
- Don't put to your mouth because of germs and we don't want to get sick

With the boomwhackers as we tapped with their hands, toes, knees, shoulders and arms. We also tapped in a call and response fashion by echoing the facilitator ... everyone tapped and stop on Cue!



We closed by sharing one word reflections, responses included: "happy, joyous, intrigued, calm, peace, energized, emotional, wonderful, great, fun, enjoyable, welcoming, reflective, curious, enjoyable and inspired."

We collected the boomwhackers to tossing in the middle of the circle to hear the various sound.

Thank you, Pastor Jody, Beverly, Cathie, Gail and the Outer Banks Presbyterian Church for hosting this joyous program and to experience the power of music to enrich the mind, body and spirit of everyone in this wonderful and loving community.

