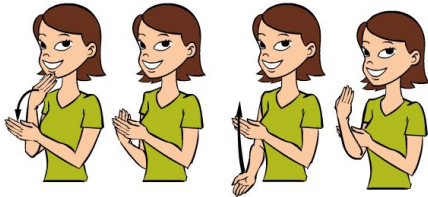
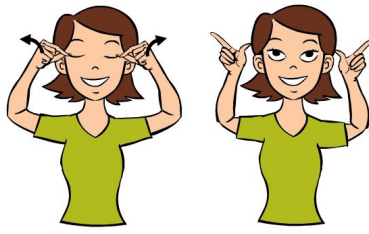


Easy Ways to Use Music in the Home

Goal: To promote learning and family bonding through music.


We've created playlists on our youtube channel for starting the day, mealtime, bonding, expressing feelings, family/friend visits, and bedtime. Choose one or two songs from each topic to use consistently for help with routines and transitions! Below are some extra ideas to incorporate with the songs! **YouTube Link:** <https://bit.ly/3agzQ52>

Songs to Start off the Day

Age	Song	Educational Ideas
Younger	Wake Up Toes https://www.youtube.com/watch?v=yo6T4SW96qU If You're Happy and You Know It Head, Shoulders, Knees and Toes	Practice body part identification while promoting sensory awareness!
All Ages	Wake Me Up (Avicii) https://www.youtube.com/watch?v=SsYXnH9lzCY Good Morning (Mandisa) https://www.youtube.com/watch?v=AnmWwudeqfM	Add movements such as patting your knees, clapping, and stomping your feet to promote sensory awareness and practice imitating actions.
All Ages	Good Morning (from Singin in the Rain) https://www.youtube.com/watch?v=TphKh7ZnvuY&list=PLNWd_K2zCv2kqul324Hv0tosjnSPeKv5o&index=3	Practice using sign language and making eye contact to communicate good morning.  "Good" "morning"
All Ages	Morning Song (Steffany Gretzinger) https://www.youtube.com/watch?v=JtF-w7Jt4Bk&list=PLNWd_K2zCv2kqul324Hv0tosjnSPeKv5o&index=5	This song is a soft way to enter the day. Practice using sign language to say, "wake up". 

Songs for Family Bonding

Age	Song	Educational Ideas
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All Ages	<p>Can't Stop the Feeling https://www.youtube.com/watch?v=KhfkYzUwYFk</p> <p>Lean on Me by Billie Withers https://www.youtube.com/watch?v=fOZ-MySzAac</p> <p>One Call Away by Charlie Puth https://www.youtube.com/watch?v=AaW9uCsplsl</p> <p>A Million Dreams https://www.youtube.com/watch?v=pSQk-4fddDI</p>	<p>1) HAVE a DANCE PARTY! 2) Learn and repeat these songs to sing together! If your child has difficulty communicating, use a switch (find the answer buzzer below on Amazon) to insert a lyric from the chorus. You can also make up actions for them to imitate or use hand over hand reinforcement.</p>  <p>https://www.amazon.com/Learning-Resources-Answer-Buzzers-Set/dp/B004DJ51HQ/ref=sr_1_1?keywords=answer+buzzer&qid=1584923381&sr=8-1</p>
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Songs for Friends/Family

Age	Song	Transitioning Ideas
All Ages	<p>To Grandmother's House https://www.youtube.com/watch?v=Zl5r76hVYF0</p> <p>You've Got a Friend in Me by Randy Newman https://www.youtube.com/watch?v=XHFy3YWpRx8</p> <p>We Are Family by Sister Sledge https://www.youtube.com/watch?v=eBpYgpF1bqQ</p>	<p>Pick a song to use when new friends or family are coming. Pair this with a picture of that person and play the song while showing them the photo prior to this person's arrival (or prior to your arrival to that person's house). Use this song consistently for when friends or family come to visit or when you go to visit others.</p>

Songs for Mealtime

Age	Song	Educational Ideas
Younger	<p>What Do You Want to Eat? https://www.youtube.com/watch?v=yUw3-im44qY</p>	<p>This song video teaches sign language to ask what your child wants to eat and helps them respond with sign language. Keep repeating with your child and use hand over hand reinforcement to help.</p>
All Ages	<p>Lunch Song by Blazer Fresh https://www.youtube.com/watch?v=SY1VL-Jhn90</p>	<p>This is a fun song for lunchtime along with its own dance moves! Use an iPad or computer to pull up and imitate the dance moves as a family!</p>
All Ages	<p>Everybody Eats When they Come to My House https://www.youtube.com/watch?v=yP2_CTeo5Q8</p>	<p>Play this song before mealtimes as a cue to help with transitioning.</p>

Songs for Expressing Feelings

Age	Song	Educational Ideas
All Ages	<p>Feelings in My Heart by Rachel Rambauch- https://www.youtube.com/watch?v=dZu-O8ICZmo</p>	<p>Use sign language and the visual aids included in this link to help identify emotions! https://drive.google.com/open?id=16983EfUveBCKeOnMojQsjriFE5i5yylv</p>

Songs for Bedtime

All songs for this are located on the Youtube Heart of Hope KIDZ playlist.

Ideas- Use one song or the entire playlist to help with your bedtime transitioning. Keeping the same song to **begin** your bedtime routine will help with smoother transitions.

This resource was provided by HeART of Hope, LLC.

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