



Do Re Mi Cha Cha Cha

Enriching Lives through Music & Dance

Janet Reed, District 4 Education Chair
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Do Re Mi, Cha Cha Cha!

Enriching Lives through Music & Dance!

Goals and Objectives

Goal:

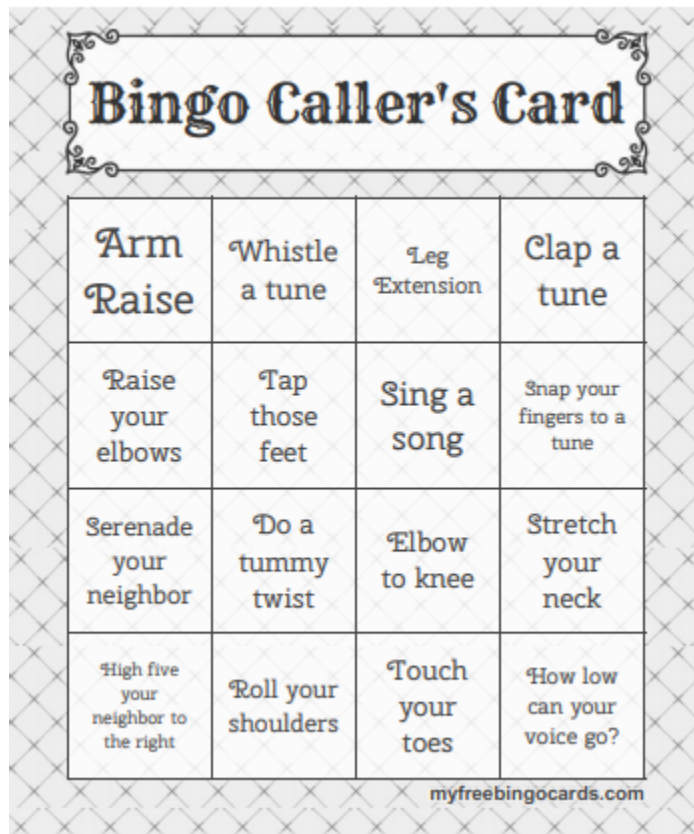
- Provide information about music and dance for health and therapy.

Objectives:

- Provide examples of dance and music used to provide benefits in child development, health and fitness, depression, cancer, trauma/injuries, our veterans, Alzheimer's, and the autism spectrum disorder.

Materials Needed (available from <http://teea.tamu.edu>)

- "Do Re Mi, Cha Cha Cha!" PowerPoint
- "Do Re Mi, Cha Cha Cha!" Slide Handout (Optional)
- "Do Re Mi, Cha Cha Cha! Bingo" Activity
- Evaluation



Do Re Mi, Cha Cha Cha Bingo Instructions

1. Pass out bingo cards to players
2. Bingo Caller calls out the activities
3. Players do chosen activity and mark it off on their board
4. Player that gets 4 in a row in any direction wins

Do Re Mi, Cha Cha Cha BINGO

Serenade your neighbor	How low can your voice go?	Stretch your neck	Whistle a tune
Leg Extension	Tap those feet	Clap a tune	High five your neighbor to the right
Raise your elbows	Touch your toes	Snap your fingers to a tune	Elbow to knee
Roll your shoulders	Sing a song	Arm Raise	Do a tummy twist

myfreebingocards.com

Do Re Mi, Cha Cha Cha BINGO

Do a tummy twist	How low can your voice go?	Stretch your neck	Whistle a tune
Sing a song	Touch your toes	High five your neighbor to the right	Clap a tune
Leg Extension	Roll your shoulders	Arm Raise	Snap your fingers to a tune
Raise your elbows	Serenade your neighbor	Elbow to knee	Tap those feet

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Do Re Mi, Cha Cha Cha BINGO

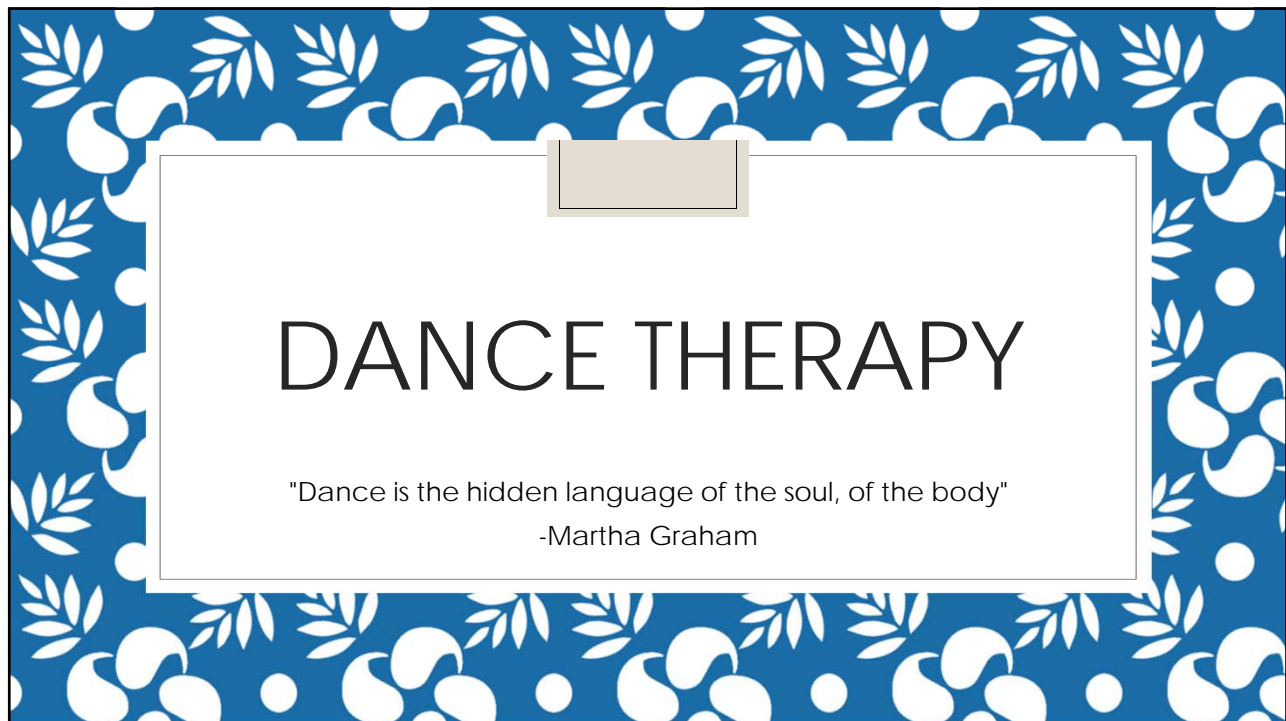
Tap those feet	Roll your shoulders	Sing a song	Leg Extension
How low can your voice go?	Elbow to knee	Serenade your neighbor	Clap a tune
Do a tummy twist	High five your neighbor to the right	Snap your fingers to a tune	Arm Raise
Raise your elbows	Stretch your neck	Whistle a tune	Touch your toes

myfreebingocards.com

Do Re Mi, Cha Cha Cha BINGO

Touch your toes	Serenade your neighbor	Snap your fingers to a tune	How low can your voice go?
Do a tummy twist	Leg Extension	Tap those feet	Clap a tune
Raise your elbows	Arm Raise	Roll your shoulders	Whistle a tune
Stretch your neck	Elbow to knee	High five your neighbor to the right	Sing a song

myfreebingocards.com



What is dance therapy?

Dance therapy uses movement to improve mental and physical well-being. Improving one's health, mood and body image while also reducing stress. It is a recognized form of complementary therapy used in hospitals.

Dance/Movement Therapy

uses movement to enhance the

Emotional

Physical

Cognitive

Social

Integration of the Individual.

American Dance Therapy Association
www.ADTA.org



How does dance therapy work?

- Increases endorphins which create a state of well-being
- The movement gets blood flowing and enhances other functions in our bodies including: the circulatory, respiratory, skeletal and your muscular systems.
- Helps you to stay physically fit



MUSIC THERAPY

"Music is an art that goes well beyond science. Proof can be found in the huge amount of studies that have been carried out throughout the world based on music-therapy and the important results achieved."

-Andrea Bocelli



What is music therapy?

- An established health profession that is used within a therapeutic relationships to address physical, emotional, cognitive, and social needs of individuals. It also provides an avenue of communication that is helpful to those who find it difficult to express themselves in words.



How does Music Therapy work?

- Improves the quality of a patient's life
- Helps with motor and communication skills
- Reduces pain, loneliness, and stress
- Improves self-esteem

CHILD DEVELOPMENT

Music Therapy

- Stimulates all of the senses, and involves the child at many levels
- Highly motivating, yet can be calming and relaxing
- Helps manage stressful situations or pain
- Encourages socialization, self-expression, communication and motor development



Dance Therapy

- Uses large motor play, physical regulation, and non-verbal communications
- Problem solving skills, and movement games help children thrive physically and mentally.
- Music and props are often used to encourage extension of movement and self-expression



Ashon's Song - The Music Therapy Program at Boston Children's



<https://www.youtube.com/watch?v=DZmOEI3O2g>

Did you know?

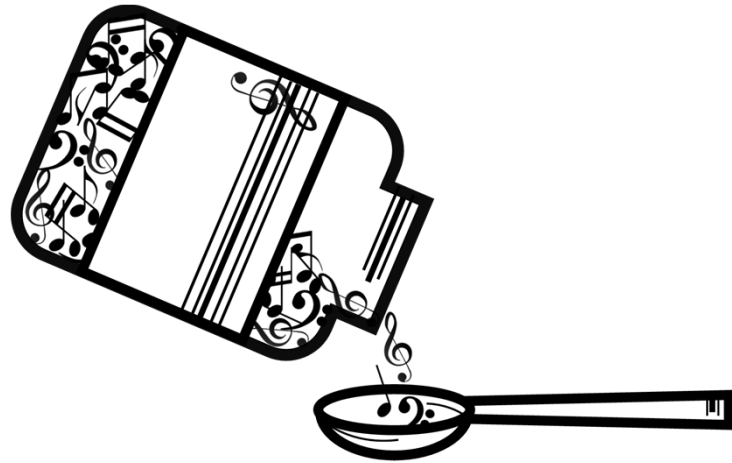
The brain processes music in both hemispheres, which stimulates cognitive functions and may be used to help speech and language skills. Studies also show, a half an hour of music training increases the blood flow to the brain's left hemisphere, resulting in higher levels of childhood development.



DEPRESSION

Music Therapy

- Music helps release dopamine, the "feel-good" hormone. Dopamine is an integral part of the brain's pleasure enhancing system.
- Listening to music reduces stress, on both emotional and molecular levels
- Helps individuals develop relationships and address issues they may not be able to address using only words.



Tips to use music with Depression

1. **Listen to music that makes you feel good.**
2. **Use music to enhance other activities.** If you enjoy painting, dancing, drawing, writing, or meditating, add music to the activity to heighten the experience.
3. **Engage with music.** Actively engaging with music helps lift your mood more effectively than passive listening
4. **Create a morning playlist.** If you tend to feel rushed or hectic in the morning, consider making a playlist filled of songs that help you feel relaxed and at ease, or that inspire you for your day

CANCER PATIENTS



<https://www.youtube.com/watch?v=gijpp3B4-yU>

Music Therapy

When used with anti-nausea/vomiting medications, patients receiving high doses of chemotherapy find it to be effective in easing the physical symptoms of the nausea and vomiting.

It has been found to decrease the level of pain resulting in a decrease of pain medication needed.

TRAUMA INJURIES



<https://www.youtube.com/watch?v=EK5qqYYxn4>

Music Therapy

Unlike some therapies that focus on specific centers of the brain, music therapy hits them all.

Music helps aid our brains in healing itself. This is called neuroplasticity.

Music allows us to strengthen the connections and build new connections around where the damage might be

The centers that are responsible for movement, language, emotion, and cognition are all activated when we passively listen to music.

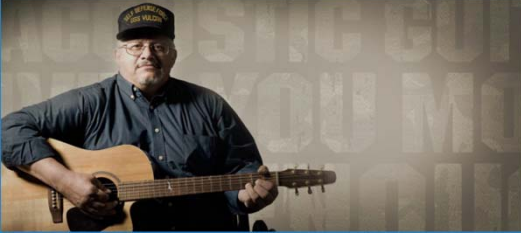


<https://www.youtube.com/watch?v=dy-2LH7qzVE>

BRAIN INJURY

More soldiers have returned home with brain injuries from improvised devices (IEDs).

Memory and emotions are affected by brain injuries and they are at increased risk of Parkinson's and Alzheimer's disease.



<https://www.youtube.com/watch?v=kymJhzeldKY>

PTSD Post Traumatic Stress Disorder

When a veteran perceives a threat during a trauma or experiences an episode of PTSD, the nervous system initiates the "fight, flight or freeze" response that overrides physiological changes in sensory awareness, heart rate, breathing, cortisol and other stress hormone levels.

Music and dance therapy can empower our Veterans to use these experiences as a tool for establishing a new found sense of mind-body connection and internal control. It helps to return the nervous system to a state of balance.

ALZHEIMERS



<https://www.youtube.com/watch?v=IVsLUVHe6Zw>

With Alzheimer's, people lose their capacity to have interactions.

According to the Alzheimer's Foundation of America, "When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements.

Did You Know?

People with dementia-related disorders such as Alzheimer's experience anxiety, frustration and fear, along with physical changes, as memory loss progresses.

Both music and dance offers the right brain stimulation for patients with Alzheimer's. What you hear, see and do during dance and music helps to enhance the memory, offers brain stimulation. Not only can you hear the music and dance to the beat, but can see others taking part which offers visual stimulation to the brain.

Additionally, when having fun, it brings back memories from younger years which can help improve long-term memory

AUTISM SPECTRUM DISORDER



<https://www.youtube.com/watch?v=w1VZXbJCKCE>

Music therapy can enable those without verbal language to communicate, participate and express themselves nonverbally.

Very often music therapy also assists in the development of verbal communication, speech, and language skills.

The interpersonal timing and reciprocity in shared play, turn-taking, listening and responding to another person are augmented in music therapy with children and adults with autism to accommodate and address their styles of communication.

Did you know?

Music therapy research demonstrates that individuals with autism may show equal or superior abilities in pitch processing, labeling of emotions in music, and musical preference when compared to typically developing peers.

al fine & Take a Bow!

The world of Music and Dance Therapy continues to grow!
But, you don't need a therapist to add music and dance to your daily life! So, get out there and make some music and CHA!
CHA! CHA!



REFERENCES

While there may not be certified therapist in your area yet, you can go to these websites for assistance.

The American Music Therapy Association

<https://www.musictherapy.org>

The American Dance Therapy Association

<https://adta.org/>

Program Background – for presenter review

Dance is the hidden language of the soul of the body. Martha Graham

What is dance therapy?

Dance therapy uses movement to improve mental and physical well-being. Improving one's health, mood and body image while also reducing stress. It is a recognized form of complementary therapy used in hospitals.

History of dance therapy

The roots of dance therapy go back to the early 1900s. It grew from the idea that dance could go beyond simple entertainment and be used as a form of communication and expression. By the middle of the 20th century, the modern dance movement had laid the groundwork for dance therapy pioneers Marian Chace, Mary Whitehouse and Trudy Shoop. They formed the foundation for dance therapy through the addition of observation, interpretation and manipulation of dance elements into the practice.

In the 1940's, dance therapy was influenced by the psychodynamic theory (how the mind, personality or psyche relates to mental, emotional or motivational states. In the 1960's, research on non-verbal behavior and the role of the body on mental health issues also influenced the practice as well. In 1966, the American Dance Therapy Association was established and with it came the development of training and certification standards for the field.

Music is an art that goes well beyond science. Proof can be found in the huge amount of studies that have been carried out throughout the world based on music-therapy and the important results achieved. Andrea Bocelli

What is music therapy?

Music therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs of individuals. Music therapy also provides avenues of communication that can be helpful to those who find it difficult to express themselves in words.

History of music therapy

The idea of music as a healing influence which could affect health and behavior is as least as old as the writings of Aristotle and Plato. The 20th century profession formally began after World War I and World War II when community musicians of all types, both amateur and professional, went to Veterans hospitals around the country to play for the thousands of veterans suffering both physical and emotional trauma from the wars. The patients' notable physical and emotional responses to music led the doctors and nurses to request the hiring of musicians by the hospitals. It was soon evident that the hospital musicians needed some prior training before entering the facility and so the demand grew for a college curriculum.

In 1903, Eva Augusta Vescelius founded the National Society of Musical Therapeutics. In 1926, Isa Maud Ilse founded the National Association for Music in Hospitals. And in 1941, Harriet Ayer Seymour founded the National Foundation of Music Therapy. Although these organizations contributed the first journals, books, and educational courses on music therapy, they unfortunately were not able to develop an organized clinical profession.

The National Association for Music Therapy (NAMT) was founded at a meeting in New York City on June 2, 1950. NAMT succeeded where previous music therapy associations previously failed by creating a constitution and bylaws, developing standards for university-level educational and clinical training requirements, making research and clinical training a priority, creating a registry and, later, board-certification requirements, and publishing research and clinical journals. NAMT operated from 1950-1997 and saw the creation of a board-certification program (1985), a critically-acclaimed Senate Hearing on Aging (1991), and the growth of music therapy from a few dozen practitioners to thousands.

Originally called the Urban Federation of Music Therapists, the American Association for Music Therapy (AAMT) was established in 1971. Many of the purposes of AAMT were similar to those of NAMT, but there were differences in philosophy, education and approach.

The American Music Therapy Association (AMTA) was formed in 1998 as a merger between the National Association for Music Therapy (NAMT) and the American Association for Music Therapy (AAMT). AMTA united the music therapy profession for the first time since 1971.

AMTA is the single largest music therapy association in the world, representing music therapists in the United States and in over 30 countries around the globe.

Why dance or music therapy?

It may address several needs simultaneously in a positive and exciting medium.

How does dance therapy work?

Experts have shown that physical activity is known to increase special neurotransmitter substances in the brain (endorphins). These create a state of well-being. And total body movement such as dance enhances the functions of other body systems. These include the circulatory, respiratory, skeletal and muscular systems. Dance therapy can help you stay physically fit and enjoy the pleasure of creating rhythmic motions with your body.

How does music therapy work?

Music is used to improve the quality of a patient's life. Music therapy helps with both motor and communication skills. Additional benefits that are associated with music therapy include the reduction of pain, loneliness and stress as well as improved feelings of self-esteem.

Child Development

Dance therapists use large motor play, physical regulation, non-verbal communication, problem solving skills, and movement games to help children thrive physically and psychologically.

Music and props are often incorporated to encourage extension of movement and self-expression.

Music therapy stimulates all the senses and involves the child at many levels. Quality learning and maximum participation occur when children are permitted to experience joy of play.

Music is highly motivating - yet has a calming and relaxing effect.

A child can be helped to manage pain and stressful situations.

Music encourages socialization, self-expression, communication and motor development.

Because the brain processes music in both hemispheres, music can stimulate cognitive functions and may be used to help speech/language skills.

Studies show also that even a half hour of music training increases the blood flow to the brain's left hemisphere, resulting in higher levels of childhood development.

Health and Fitness

Dancing is a great option for to maintain a heart healthy lifestyle. It gives you a great mind-body workout. Because dancing has many steps, it obligates your muscles to move in different ways. Also, your mind is stimulated throughout the whole session. Having to pay attention to your steps and anticipating your next move keeps your brain engaged with the movement of your body.

In addition to the calories burned, other benefits are

- * stronger bones and muscles
- * greater endurance, stamina and flexibility

- * improved posture and balance, which can help prevent falls
- * body toning and weight loss
- * reduces back pain
- * cardiovascular benefits, diminished stress and tension

Dance/Movement therapy can make a contribution to the national effort to reduce childhood obesity. Programming aimed at those children who experience psychological barriers to changing health behaviors, could benefit from the creative expressive approach offered by dance therapy. The social aspects of dance/movement therapy are inherently motivating and can help to generate new attitudes about self-image and self-esteem.

Depression

When it comes to the human brain, music is one of the best medicines. Listening to music releases the "feel good" hormone, dopamine. Dopamine is an integral part of the brain's pleasure enhancing system. Listening to music reduces stress on both the emotional level and the molecular level.

The aim of music therapy is to help individuals develop relationships and address issues they may not be able to address using words only.

Cancer Patients

Researchers have found that music therapy used with antiemetic drugs (drugs that relieve nausea and vomiting) in patients receiving high-dose chemotherapy can be effective in easing the physical symptoms of nausea and vomiting. It has been found to decrease the overall intensity of the patients experience of pain, enabling them to decrease the level of pain medicine needed.

For cancer patients, dance therapy can promote a positive body image and improve self-esteem.

Trauma Injuries

Unlike some therapies that focus on specific brain centers, music therapy

hits them all.

Music aids our brains ability to heal itself, something called neuroplasticity. Music can actually help strengthen the connections we have in our brain and build new connections around where the damage might be.

The centers that are responsible for movement, language, emotion and cognition are all activated when we passively listen to music.

Veterans

PTSD-

When a veteran perceives a threat during a trauma or experiences an episode of PTSD, the nervous system initiates the "fight, flight or freeze" response that overrides higher cognitive functioning and decision making. They experience physiological changes in sensory awareness, heart rate, breathing, cortisol and other stress hormone levels.

Dance therapy can empower our Veterans to use these experiences as a tool for establishing a new-found sense of mind-body connection and internal control and help to return the nervous system to a state of balance.

Using structured body building techniques can help them to experience their body's sensations and breathing patterns. Using a combination of verbal and movement-based affirmations allows them to shift negative perceptions and shame by embodying positivity and confidence.

Brain Injury -

More soldiers have returned home with brain injuries from improvised explosive devices (IEDs). Memory and emotions are affected by brain injury and they are at increased risk of Parkinson's and Alzheimer's disease.

Alzheimer's

Music therapy has worked wonders on patients suffering from Alzheimer's disease. With Alzheimer's, people lose their capacity to have interactions. According to the Alzheimer's Foundation of America, "When used

appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements.

Music is also a cognitive enhancer, which is an important area of the brain that needs stimulation to prevent the progression of Alzheimer's. Music also reaches an emotional area of the brain, as people remember music from their past, connect with new tunes, and relate to music in a way that they're unable to relate to anything else.

People with dementia-related disorders such as Alzheimer's experience anxiety, frustration and fear, along with physical changes, as [memory loss](#) progresses.

Those with Alzheimer's may have trouble connecting to society and loved ones. Dance, experts say, can help bridge that gap and improve quality of life.

Both the music and dance routine used in dance therapy offers the right brain stimulation for patients with Alzheimer's. What you hear, see, and do during dance helps enhance the memory, and offers brain stimulation that is clinically proven to help Alzheimer's progression. You not only hear the music and dance to the beat, but you see others taking part in the routine which offers visual stimulation for the brain. Additionally, when you have fun you bring back memories from your younger years which can help improve your long-term memory.

Please take a moment to provide feedback on this program.

1. Regarding the overall program/teaching (rate your response by circling a number):

Statement	Scale (1= Worst, 5 = Best)				
The value of the lesson was	1 not valuable	2	3	4	5 very valuable
The overall teaching was	1 poor	2	3	4	5 excellent
The teacher's knowledge of the lesson was	1 poor	2	3	4	5 excellent

2. Regarding what you know and actions you plan to take (circle your response):

I learned new information today. YES NO

I plan to use the information I learned today. YES NO

I feel this information will help someone I know

I understand the importance of music and dance in health & therapy YES NO

3. This lesson was delivered by a(n) (check only one):

_____ TEEA Member. _____ Extension Agent/Specialist _____ Other Speaker.

4. Please tell us about yourself.

I am a _____ Woman. _____ Man.

I am in District: **1** **2** **3** **4** **5** **6** **7** **8** **9** **10** **11** **12**

I have been a member of TEEA for _____ years.

My age is _____ years-old.

5. Additional Comments.

[illegible]

Thank You For Completing This Form!