

Appendix A: Evaluation Tools

A. Foundational Exercises: "Getting Warmed-Up"

Evaluation Tool #1 (for use with A)

Motor Ability Upper: _____ _____ Lower: _____ _____	Motor Restrictions Upper: _____ _____ Lower: _____ _____
Response to Music- Verbal and Motor Motor: _____ _____ Verbal: _____ _____ _____	Observed Leadership Skills _____ _____ _____ _____ _____

Notes/Observations: _____

B. Intermediate Level: "You're a Mover & a Shaker!"

Evaluation Tool #2 (for use with B)

Playing 1/4 notes (100 BPM)	Playing 1/8 notes (100 BPM)
# shakes / measures _____ ROM Observations _____	# shakes / measures _____ ROM Observations _____
Amount of time to entrain (pre-solo / improvisation)	Amount of time to re-entrain (post-solo / improvisation)
Pre-solo: _____ Pre-improvisation: _____ Time to entrain / segment time = _____ %	Post-solo: _____ Post-improvisation: _____ Time to entrain / segment time = _____ %

Evaluation Tool #2 Key: Note group members' ability to play rhythmically using intentional movement and note their observed ranges of motion (ROM).

Notes/Observations: _____

C. Expert Performance: "Body Percussion and More!"

Worksheet #1 (for use with C ii)

Field	Instrument Beam	Instrument Beam
1	Piano Chords	Sounds: _____ Movements: _____
1	Cello	Sounds: _____ Movements: _____
1	Guitar	Sounds: _____ Movements: _____
1	Piano Solo	Sounds: _____ Movements: _____
2	Orchestral Chimes	Sounds: _____ Movements: _____
2	Harpsichord	Sounds: _____ Movements: _____
2	Women's Choir	Sounds: _____ Movements: _____
2	Timpani	Sounds: _____ Movements: _____
3	Bass Drum	Sounds: _____ Movements: _____
3	Crash Cymbal	Sounds: _____ Movements: _____
3	Concert Snare	Sounds: _____ Movements: _____
3	Concert Snare Roll	Sounds: _____ Movements: _____

Worksheet Answer Key: For Facilitator Reference- these are examples, not exemplars! Get creative and make your own!

Field	Instrument Beam	Instrument Beam
1	Piano Chords	Sounds: <u>Voice</u> Movements: Hands_____
1	Cello	Sounds: <u>Voice</u> Movements: Hands, Arms_____
1	Guitar	Sounds: <u>Voice</u> Movements: Hands, Arms, Fingers_____
1	Piano Solo	Sounds: <u>Voice</u> Movements: Hands, Arms_____
2	Orchestral Chimes	Sounds: <u>Voice</u> Movements: Wrists, Elbows_____
2	Harpichord	Sounds: <u>Voice</u> Movements: Hands, Arms, Fingers_____
2	Women's Choir	Sounds: <u>Voice</u> Movements: Oral motor, Neck_____
2	Timpani	Sounds: <u>Trunk Tap</u> Movements: Wrist, Hand_____
3	Bass Drum	Sounds: <u>Foot Stomp</u> Movements: Legs, Feet_____
3	Crash Cymbal	Sounds: <u>Arm Tap</u> Movements: Hands, Arms_____
3	Concert Snare	Sounds: <u>Hand Clap</u> Movements: Hands_____
3	Concert Snare Roll	Sounds: <u>Thigh Tap</u> Movements: Hands, Fingers_____

Appendix B: Protocol Modifications

1. Although this protocol is designed for a group, it can be facilitated in an individual setting as well.
2. Depending on time considerations, this can be facilitated in a larger group with at least 90-minute duration.
3. For a longer group or individual session, extend the different phases to allow for more specific and intentional patterned movements that relate to functional movements.
4. This protocol can be executed over the course of three sessions, since each part of it has an internal evaluation tool and begins with reflecting on previously acquired skills.
5. Many Beamz tracks can be used in the protocol, the ones suggested or referenced in this protocol serve as an example of how to inclusively incorporate the unit, music, and music therapy interventions. Feel free to explore the Beamz Master Playlist and make different musical selections using the format of this protocol to sequence the music in order to support functional movement in clients.

