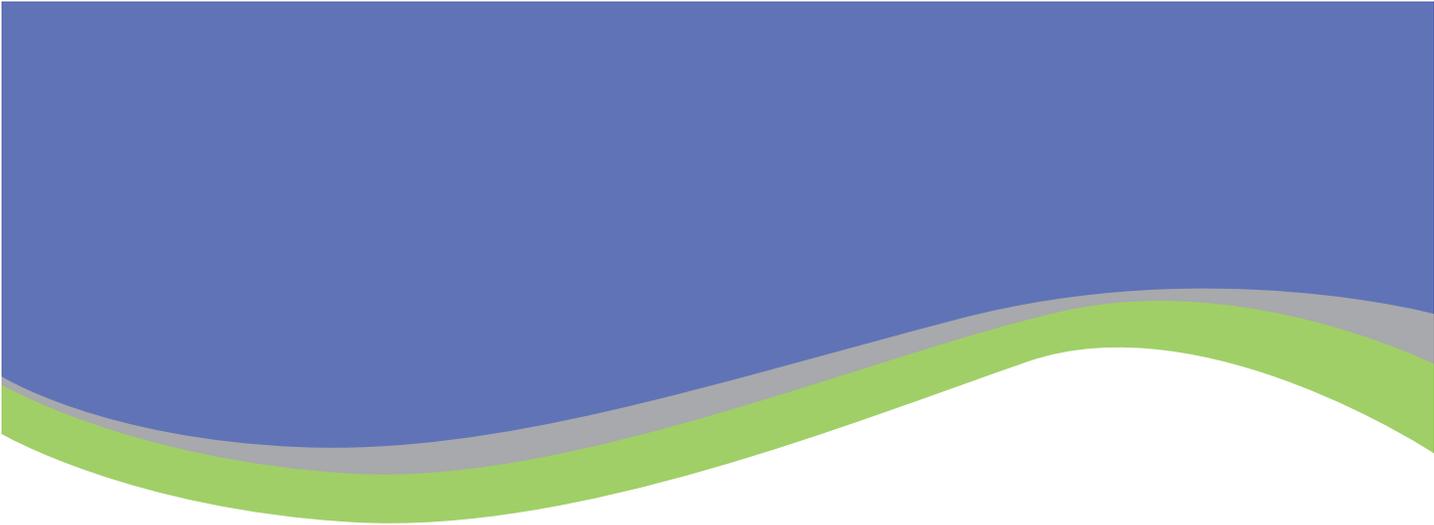




## Home Edition

Activity Guide





# Activity Guide – Beamz Home Edition

*“A family in harmony will prosper in everything.”*

– **Chinese proverb**

This Activity Guide is meant to initiate and inspire your family to connect while experiencing and creating music in exciting and innovative ways. We are excited about the potential of our interactive music system to create shared experiences that leads to collaboration, communication, cooperation and foot-tapping family fun. The Beamz technology and its interactive music library enable everyone to experience the satisfaction and enjoyment of making music. This guide extends the interactive element to the entire family allowing them to create a stage for creative expression and a chorus line of entertainment.

At Beamz we passionately believe that interactive experiences with music can enrich the lives of people of any age or physical ability. We describe our software and songs as interactive because each unique outcome is based on players active participation. Our wish for you is that your family enjoy these activities as much as we enjoyed creating them for you!

Creating music together forges family bonds as members band together to arrange their favorite songs, improvise new melodies, or synchronize their movements to a compelling beat. The language of music is cross-generational, multi-cultural and embraced by all.

In an era when human connections and social interactions are woefully few, Beamz lets music making lead the way to bringing the family together, creating cherished memories and allowing each member to play a role in getting their act together!

*“Music can change the world because it can change people.”*

– **Bono**

# Benefits of Music & Play: Play Value

## For Children

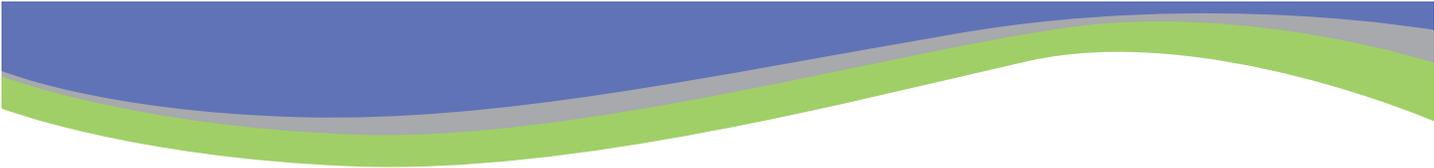
These are areas that benefit children when they listen and interact with music:



## For The Family

These are areas that benefit families when they play together:





## Benefits of Music for Children & Family Interactions

Research continues to emerge revealing the benefits of providing children with musical interactions as they grow. Listening to and engaging with music helps a child's brain development in areas as diverse as cognitive skills such as literacy and math readiness to emotional skills that include empathy and the ability to communicate.

Also, research conducted by the U.S. Department of Health and Human Services looking for indicators of "successful families," identified these characteristics as important areas for families to focus on:

- Communication
- Encouragement of Individuals
- Expressing Appreciation
- Commitment to Family
- Social Connectedness
- Ability to Adapt
- Time Together

The activities included with this guide are geared to offer families the benefits of musical interactions and provide an environment of fun for families to encourage, express and connect to one another; the games made in collaboration with the National Lekotek Center were designed with consideration for families with special needs members.

## Interactive Songs & Creating Playlists

Within Beamz interactive songs there are three "pages" of music assignments for the four laser beams on the Beamz hardware controller, featuring up to 12 different instruments, sound effects and/or vocals that may be played independently or with a song's rhythm track. The best way to "explore" a Beamz song is to start by experimenting with each of the laser beams on each of the pages – then to start the rhythm track.

The songs included with the Beamz Home Edition product provide a great starting point for individual and family play. As you discover your favorite songs, create your own playlists in the Beamz software application for yourself, your family members and/or to use with the activities included in this guide.

## Recording & Adding More Music To Your Beamz Library

The Beamz software includes a RECORD feature so you may capture your music creations for playback in any digital media player software and to share with your friends and family.

Adding more music to the Beamz music library is easy. PC users may purchase additional songs via the website [www.beamzmusic.com](http://www.beamzmusic.com); and iOS and MAC users may purchase additional songs within the Beamz Store in the Beamz application.

Visit [www.thebeamz.com/song-library](http://www.thebeamz.com/song-library) for an overview of the options available to add to your Beamz music library.

# Activity Guide Index

## Section 1 – Beamz & Lekotek Family Play Games



# Lekotek

A Network of National Affiliates

The National Lekotek Center, a leading authority on toys and inclusive play for children of all abilities, collaborated with Beamz Interactive and created 10 engaging games that target the development of a wide range of skills using music making. Lekotek believes that play is a critical way in which kids learn, develop and reach milestones – and play also empowers children to reach their potential and increases opportunities for inclusion within the family and community.

These activities have been designed to express musical enjoyment while encouraging family togetherness. We have discovered that connecting with the music while connecting with your family is a unique formula for fun, memories and collaboration. The objectives of the activities provide parents with a developmental experience for their kids while the kids think they're just having fun.

**Game Name** (skill development):

**Hear-N-Seek** (Physical, Cognitive & Sensory) \_\_\_\_\_ pg. 6

A fun twist on the age old game of "Hide & Seek." This game allows kids to create a tactic whether they are playing the sounds or finding where the sounds are coming from.

**Slapzees** (Physical & Cognitive) \_\_\_\_\_ pg. 7

Parents like Slapzees because it increases their child's hand-eye coordination and physical response time. Kids love playing with speed and Slapzees provides them with a thrill of getting better and better at their response time.

**Rock The Pattern** (Physical & Cognitive) \_\_\_\_\_ pg. 8

This game centers around pattern recognition and the development of this skill helps kids with math readiness. Rhythm also helps kids with their language and literacy capabilities and contributes to memory skills.

**Mood Beamz** (Social/Emotional, Communicative & Cognitive) \_\_\_\_\_ pg. 9

Parents like Mood Beamz because it helps them understand and connect to their kids' emotional side. It also teaches their children to be more self-aware, a skill necessary for kids to understand the emotions and feelings of others—a key component in building social intelligence and relationships.

**Story Tellers** (Social/Emotional, Communicative & Cognitive) \_\_\_\_\_ pg. 12

The object of the game is to add sound effects to story time. Kids will love how sound effects can add an edge of fun and adventure to a story.

**Album Art** (Social/Emotional & Cognitive) \_\_\_\_\_ pg. 14

Players will design their own album covers for Beamz interactive songs. Kids love Album Art because there is no right or wrong way to create! It is fun to "get messy" and create projects together as a family.

**Only In My Head** (Physical, Cognitive, Sensory & Social/Emotional) \_\_\_\_\_ pg. 15  
The object of the game is to get players to guess the song through the rhythms of dancing and movements of acting. Kids love the game because it's fun to be goofy and dance.

**Body Beatz** (Physical, Cognitive & Sensory) \_\_\_\_\_ pg. 16  
The object of the game is to dance to the song using only the body part drawn from a stack of cards. This type of activity can help develop memory along with reading and math skills. Kids love Body Beatz because music evokes movement and this releases energy allowing children to better focus on tasks afterwards.

**Fitness Frenzy** (Physical, Cognitive & Sensory) \_\_\_\_\_ pg. 20  
The object of the game is to work on fitness while making music through crossing the laser beams on the Beamz. Kids love Fitness Frenzy because exercise becomes a game and they get to laugh at themselves and with other players striving to cross the lasers and trigger the coveted musical prize.

**Soundz Roundup** (Physical, Cognitive & Sensory) \_\_\_\_\_ pg. 22  
The object of the game is to listen to the laser beam sounds and find household items that relate either to the sounds from the laser beams or find items that the song inspires. Kids love trekking through the house in search of an object that relates to the music and engaging creative skills in deciding what to choose and why.

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## Section 2 – Activities For All Ages



Music making activities for brain fitness, memory, creativity and FUN.

**Follow Me** \_\_\_\_\_ pg. 23  
An activity that challenges your friends and family to follow your musical sequences with the Beamz laser controller. Attention and focus to repeat the music sequences of the leader is great for building and maintaining memory skills.

**Hand Play** \_\_\_\_\_ pg. 24  
A collection of suggested hand movements for making music with the Beamz laser controller. These may be used for individual play and/or multiple people playing together.

## Section 3 – Early Learning & Motivation Activities

Music engages children to learn and to have fun. Beamz may also provide parents another tool for incenting task completion and rewarding behavior.

**Incent and Reward** \_\_\_\_\_ pg. 25  
Using Beamz and the fun of the Beamz experience as a motivator for desired behavior and/or accomplishing tasks.

**Alphabet Sounds** \_\_\_\_\_ pg. 26  
Using the Beamz experience to reinforce Alphabet Sounds, rhythm and eye-hand coordination.

# Hear-N-Seek

## Physical, Cognitive & Sensory

## Game 1

**Objective:** Parents like Hear N Seek because it increases auditory processing and awareness while motivating physical activity during game play. The game also creates a team approach as kids must interact cooperatively to play. Kids like Hear N Seek because of its fun twist on the age old game of "Hide & Seek." This game allows kids to create a tactic whether they are playing the sounds or finding where the sounds are coming from.

**Minimum Players 2**

### How to Play

The object of the game is to expeditiously find the iOS device connected to the Beamz controller. Before playing, test the iOS device to find the range. Alert players to the designated hiding areas for the game so that the iOS device is always "in range" during play. One player will hide the iOS device while the other players are not looking. After the device is hidden, that player will strum the Beamz controller to alert the other players to find the hidden device. The sound will play from the iOS device. The first person to find the device wins and then takes a turn strumming the Beamz controller in the next round.

### Challenges

**Challenge 1** - Turn the volume down on the iOS device to make it more challenging to hear.

**Challenge 2** - Only play a specified amount of laser strums per game. For example, the person playing the Beamz controller will only strum 3 times total during the game.

**Challenge 3** - Combination challenge. Lower the volume on the iOS device and only cross the laser beams a specified amount of times during the game. For example, only play 3 sound clues at various times throughout the game.

**Play Value:** Increases Physical Fitness, Advances Social Skills, Improves Auditory Processing, Develops Sound Discrimination, Inspires Social Connections, Fosters Fun

# Slapzees

## Physical & Cognitive

## Game 2

**Objective:** Parents like Slapzees because it increases their child's hand-eye coordination and physical response time. It also teaches children to interpret the subtle body language others exhibit and helps them become more aware of their own body movements. Kids love playing with speed and Slapzees provides them with a thrill of getting better and better at their response time. Kids also relish the rivalry of reading their opponent's next move while masking their own.

### Maximum Players 2

**Play Position** - Both players place hands within the zones between the two laser beams on either side of the Beamz controller.

**Players** - Player 1 (Palms Up Player) places hands palms up in between the upright poles of the Beamz controller. Player 2 (Palms Down Player) places hands palms down hovering over player 1's palms.

## How to Play

The object of the game for palms up is to slap palms down without crossing the lower laser beams prematurely. The object of the game for palms down is to pull hands back to prevent palms up from slapping his hands without crossing the beams and therefore making a sound. Both players' hands should hold steady in between the laser beams on either side of the Beamz controller. Play is initiated when palms up attempts to bring hands over to lightly swat the backsides of palms down's hands which will trigger sound when crossing the laser beams. Strategy involves speed and "fake out" tactics as palms down's goal is to pull hands away. If palms up hits the hands of palms down during the slap, the roles switch. If the players move hands into the laser beam and make music, the players switch roles.

**Regulations:** Palms down can pull away at any time with no penalty as long as the laser beams are not crossed therefore making a sound. Palms up cannot cross the laser beams unless attempting to make a slap.

## Challenges

**Challenge 1** - Two sets of players on each side of the laser beams play with one hand each. Compete to see which player can slap his opponent the fastest.

**Challenge 2** - Palms up plays against two different players on each palm. Two different players hover one hand each palms down over palms up on either side of the Beamz controller.

**Challenge 3** - Create a tournament. Rotate players to challenge the "best" player.

**Play Value:** Develops Self-Awareness, Builds Confidence, Improves Auditory Processing, Fosters Fun, Fuels Interactive Behavior

# Rock The Pattern

## Physical & Cognitive

## Game 3

**Objective:** Parents like Rock the Pattern because it helps kids develop their listening and attention skills. This game centers around pattern recognition and the development of this skill helps kids with math readiness. Rhythm also helps kids with their language and literacy capabilities and contributes to memory skills. Kids love Rock the Pattern because it challenges them to get better and better while building confidence.

**Maximum Players 2**

### How to Play

The object of the game is to repeat the pattern generated by the players. Player 1 selects a song and instruments to play during Rock the Pattern. Player 1 plays one laser beam. The next player repeats player 1's selection and adds another laser beam sound. Each player continues to repeat the pattern and add on it with another laser beam sound. If a player cannot remember the pattern, he is out!

### Challenges

**Challenge 1** - Add a physical variation to the pattern. For example, when selecting the laser beam, use a fist, elbow, foot, or pointer finger to play the pattern.

**Challenge 2** - Each player can add two or more patterns with the laser beams in one turn.

**Challenge 3** - Each player can add two or more sound patterns with a physical variation with the laser beams in one turn.

**Challenge 4** - Each player can choose to "swap" the sounds out to create a new challenge of patterns tripling the options during game play.

**Play Value:** Builds Eye-Hand Coordination, Builds Confidence, Supports Musical Advancement, Fosters Collaboration, Forges Family Bonds

# Mood Beamz

## Social/Emotional, Communicative & Cognitive

## Game 4

**Objective:** Parents like Mood Beamz because it helps them understand and connect to their kids' emotional side. It also teaches their children to be more self-aware, a skill necessary for kids to understand the emotions and feelings of others—a key component in building social intelligence and relationships. Kids love it because there are no wrong answers! Learning to check in with their emotions is sometimes a new and rewarding experience. That exercise of self-reflection can lead kids to a sense of control over their feelings.

**Minimum Players 2**

### How to Play

The object of the game is to match a song to a list of moods. Players will each receive a list of songs and moods. One player is designated to be the “caller” and plays the music from the list of songs in any order for other players to hear. Once a song is played, players must match it with a mood. Once a song and a mood are matched, players cannot change the match. At the end of the game, family members can explain matches to begin conversations about interpreting feelings inherent within music (see Mood Beamz tool kit on the next page).

### Challenges

**Challenge 1** - Players must compare their answers. Players get points for moods and song matches that are not the same as the other players.

**Challenge 2** - Players only get a specified amount of time to match a mood with a song. For example, 3 seconds to match the mood.

**Challenge 3** - Double up! Play the game with twice as many moods as there are songs or twice as many songs as there are moods.

**Play Value:** Increase Self-Expression, Develops Self-Awareness, Soothes Emotions, Increases Communication, Supports Emotional Responses

# Mood Beamz Toolkit

**Directions:** Give everyone a piece of paper and writing utensil to begin play. The player that is the designated “caller” will get to select a song and mood card. The “caller” will hold the card so that all players can reference the mood list during play. The “caller” will play the song rhythms one at a time while players match the moods. As the songs are played, the players will select a mood that they feel best represents the song. There are 4 songs per game with 8 moods to choose. Select your own songs and create your own word banks to extend the fun!

*Cut along dotted lines to make the mood cards.*

## Songs 1

My Goody Two Shoes, Razzmajazz,  
Black Tornado, Fun Fun Fun

## Songs 2

Old MacDonald, Rewind,  
Splish Splash, Shout

## Songs 3

Super Freak, Today is Gonna Be a Great  
Day, Zip-a-Dee-Doo-Dah,  
You Belong With Me

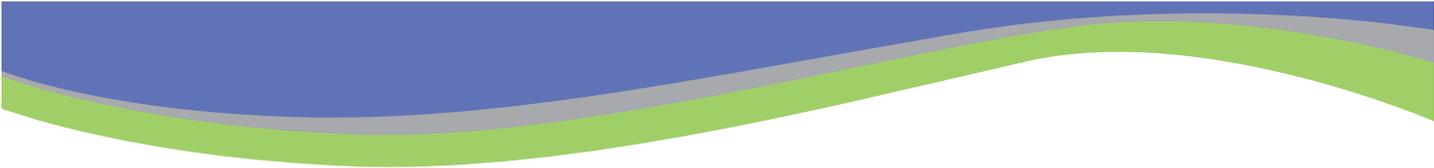
## Songs 4

Where I Want to Be, Hotel California,  
Under the Sea, Jingle Bells

## Songs 5

## Songs 6

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## Mood Bank 2

Annoyed, Confused, Cheerful, Sad, Anxious, Happy, Goofy, Relieved

## Mood Bank 1

Silly, Weird, Energetic, Mischievous, Calm, Devious, Playful, Rushed

## Mood Bank 4

Disappointed, Amused, Jovial, Jealous, Mad, Curious, Sleepy, Mellow

## Mood Bank 3

Thankful, Relaxed, Angry, Bored, Peaceful, Surprised, Sleepy, Excited

## Mood Bank 6

## Mood Bank 5

# Story Tellers

## Sensory, Communicative & Social/Emotional

## Game 5

**Objective:** Parents will like Story Tellers for promoting their children's reading and vocabulary skills. Stories are an effective way to teach kids new perspectives and complex ideas like sharing and compassion for others. Reading stories as a family can also help kids deal with traumatic events and changes in their lives. Kids will love how sound effects can add an edge of fun and adventure to a story. Story Tellers will provide quality family time together.

**Minimum Players 2**

### How to Play

The object of the game is to add sound effects to story time. Players can start by selecting a book from the provided list that the family may already have at home or can check out from their local library. The book selections include song pairings recommendations with songs included with the Beamz Home Edition offering (see Story Tellers tool kit). Players will create their own word associations and laser beam pairings.

Families should familiarize themselves with the book being used for Story Tellers and decide which words, phrases or sentences are repeated most often throughout the story to use during the activity. The words, phrases or sentences can be paired with a laser beam sound, instrument or vocal and players will be responsible for crossing the corresponding laser beam when they hear their word association.

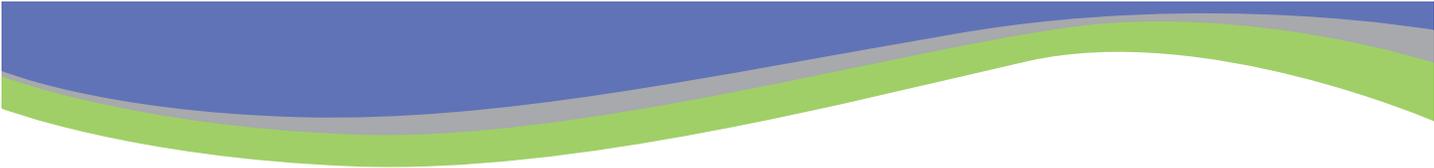
For example, using the book, "Pete the Cat: Rocking in My School Shoes" by Eric Litwin, you can identify the repetitious phrase, "school shoes" as your target, and you can pick the song, "Rock Star" to be played and then have players cross the "Outta Control" laser beam whenever they hear the phrase, "school shoes."

### Challenges

**Challenge 1** - Draw players' names out of a hat to decide which player will be the reader while the other players are the sound effect engineers.

**Challenge 2** - Draw book titles out of a hat to decide which book will be the star of the game!

**Play Value:** Increases Self-Expression, Stimulates Imagination, Advances Social Skills, Enhances Speech & Language, Inspires Social Connections



# Story Tellers Toolkit

**Directions:** Use the list of books to play Story Tellers or choose your own books and incorporate sound effects from the suggested Beamz songs bellow or others from your Beamz music library.

## Genre - Scary

### Song - Haunted

*Go Away Big Green Monster* by Ed Emberley  
*The Gruffalo* by Julia Donaldson  
*A Dark, Dark Tale* by Ruth Brown

## Genre - Rock/Rock & Roll

### Songs - Hotel California, Old Time Rock & Roll, Splish Splash

*Pete the Cat: Rocking in My School Shoes* by Eric Litwin & James Dean  
*Wiggle* by Doreen Cronin  
*Silly Sally* by Audrey Wood

## Genre - Holiday

### Song - Jingle Bells

*The First Day of Winter* by Denise Fleming  
*Bear Snores On* by Karma Wilson

## Genre - Pre-K/Kid Songs/Disney

### Songs - Old MacDonald, Under the Sea, Zip-a-Dee-Doo-Dah

*Bark, George* by Jules Feiffer  
*Cat the Cat Who Is That?* by Mo Willems  
*Is Your Mama a Llama?* by Deborah Guarino

## Genre - Country

### Songs - You Belong with Me, Jesus Take the Wheel

*Wide-Mouthed Frog* by Keith Faulkner  
*Jesse Bear What Will You Wear?* by Nancy White Carlstrom  
*Better Not Get Wet, Jesse* by Nancy White Carlstrom

# Album Art

## Social/Emotional & Cognitive

## Game 6

**Objective:** Parents like Album Art because creativity expands their child's ability to interact with the world around them. Art also benefits development and encourages important skills like self-expression and communication. Kids love Album Art because there is no right or wrong way to create! It is fun to "get messy" and create projects together as a family.

**Minimum Players 1**

### How to Play

The object of the game is for players to get creative! Players will design their own album covers for the interactive songs included with the Beamz Home Edition (or other purchased songs added to the Beamz music library). Players can collect arts and crafts materials from their home like markers, colored pencils, magazines, scissors, glue and paper and set up supplies at a table to start creating. Players must agree on a song to create the album cover. Listening to the song's rhythm and interacting with the vocals, instruments and sound effects by crossing the laser beams can add inspiration during Album Art.

### Challenges

**Challenge 1** - After players complete their album design, they can present their cover to the other players and discuss their inspirations from the song.

**Challenge 2** - Use different art supplies like markers, paint, crayons, etc. to create the album covers and incorporate texture.

**Challenge 3** - Select a song from the master playlist, choose a marker, pen or crayon to put your pen to paper and pretend the music is moving your hands. Players should draw along with the rhythm and beat of the music, making different squiggles and shapes to create an album cover. It may even help to have players close their eyes or be blindfolded to truly become inspired by the rhythm and not be inhibited by the drawings on the page.

**Challenge 4** - Set a timer to challenge players to create their completed album covers before the time is up or before the song rhythm ends!

**Play Value:** Stimulates Imagination, Increases Self-Expression, Enhances Relaxation, Fuels Interactive Behavior, Creates Shared Memories

# Only In My Head

## Physical, Cognitive, Sensory & Social/Emotional

## Game 7

**Objective:** Parents like the game, Only in My Head, because the music and rhythm of the songs teach children to express emotions, release energy and learn about themselves and others. All of those skills build the foundation for social/emotional development. Kids love the game because it's fun to be goofy and dance. Plus! Parents can be free of inhibitions while playing together as a family.

**Minimum Players 2**

### How to Play

The object of the game is to get players to guess the song through the rhythms of dancing and movements of acting. First, players will need to select who is going to dance/act out a song and the other players will be the guessers. The player dancing out the song will need to wear earphones (use the earphones included with the iPad or use personal earphones) connected to the iPad or computer so that they are the only player to hear the song. Players guessing the song should not be able to hear the song or see the iPad/computer screen.

### Challenges

**Challenge 1** - Players guessing can cross the laser beams on the Beamz controller to add additional movements to the player acting out the dance. Player dancing/acting out the song should immediately coordinate a rhythm or movement to go along with that laser sound.

**Challenge 2** - Player acting out the dance must act out the song within in a certain amount of time. Set a timer to keep players on task.

**Play Value:** Encourages Expressive Movement, Increases Physical Fitness, Builds Confidence, Fosters Fun, Creates Shared Memories

# Body Beatz

## Physical, Cognitive & Sensory

## Game 8

**Objective:** Parents like Body Beatz because music contributes to sensory development and the melodic and rhythmic patterns provide exercise for the brain (neural connections). This type of activity can help develop memory along with reading and math skills. Kids love Body Beatz because music evokes movement and this releases energy allowing children to better focus on tasks afterwards.

**Minimum Players 2**

### How to Play

The object of the game is to dance to the song using only the body part drawn from a stack of cards. Each player gets to select a card from the included worksheet (see Body Beatz tool kit) and move that body part only to the beat of the music. For example, the player may draw a card that says “eyebrows,” meaning the player can only use their eyebrows to dance along to the music. Players can select any song of their choice from the master playlist or use any additional Beatz songs purchased.

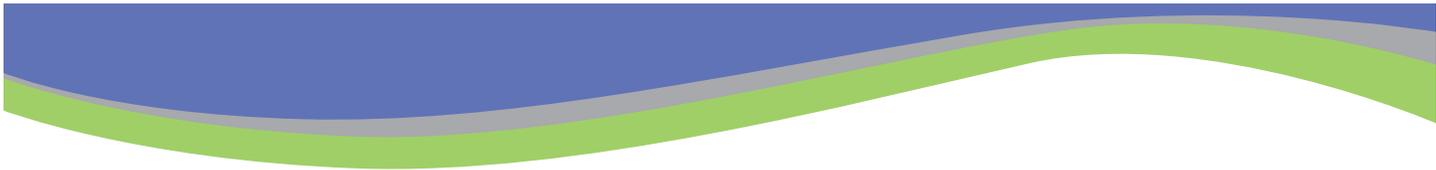
### Challenges

**Challenge 1** - Players can draw multiple cards to dance along to a song. For example, one person may draw “eyebrows” as well as “hands.” That player can only use those two body parts to play.

**Challenge 2** - Pass out all of the body parts cards to the players, select a song and dance using only the body parts that were passed out.

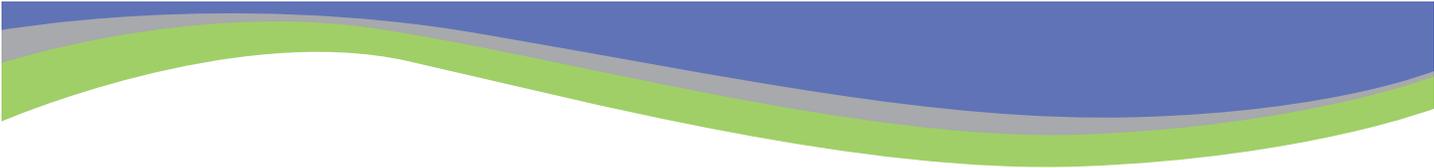
**Challenge 3** - Each player can select a card from the pile and make up a move to share with the other players. This continues until all players have selected a card and shared a move. Once all players have shared their moves, a song is played and all players can dance along using all of the players’ moves simultaneously.

**Play Value:** Increases Physical Fitness, Develops Gross Motor Skills, Encourages Expressive Movement, Fosters Fun, Supports Emotional Responses



beamz®

The word "beamz" is written in a bold, lowercase, grey sans-serif font. Above the letters "e", "a", "m", and "z" are stylized bar chart elements in a light green color. The bars vary in height, with the tallest bar positioned above the letter "a". The bars are rounded at the top and bottom. A registered trademark symbol (®) is located to the upper right of the letter "z".

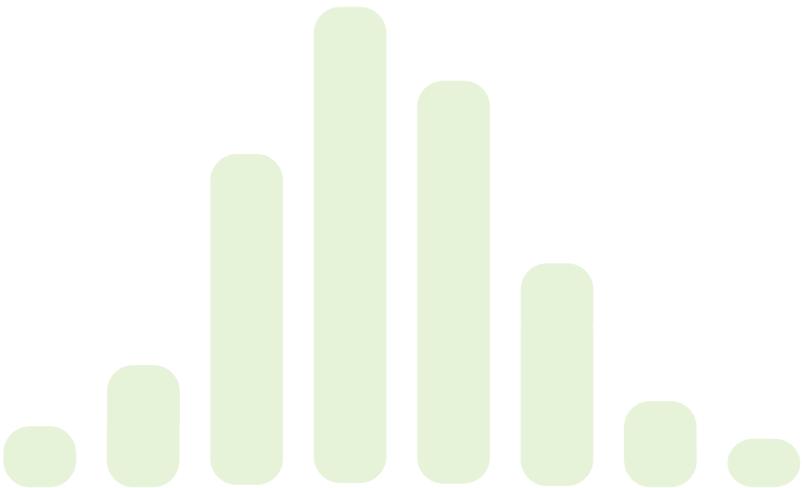
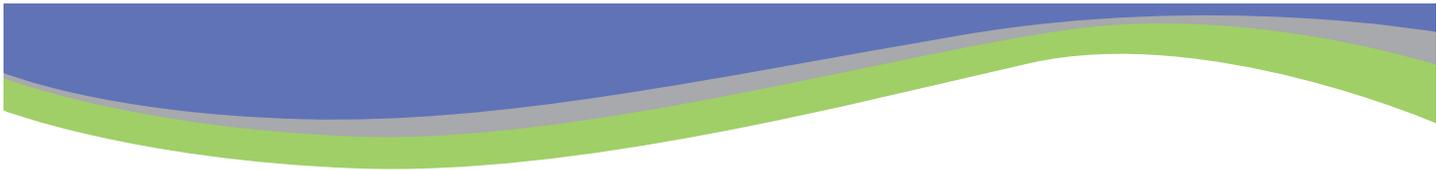


# Body Beatz Toolkit

**Directions:** Cut out the cards in this tool kit to use with the Body Beatz activity.

Feet	Arms	Fingers
Hands	Legs	Bum
Eyebrows	Shoulders	Belly
Eyelids	Hips	Elbows
Lips	Head	Face
Mouth	Knees	Nose

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# Fitness Frenzy

## Physical & Cognitive

## Game 9

**Objective:** Parents like Fitness Frenzy because exercise helps kids exert energy which aids in better sleep and relaxation from the rigors and emotions of the day. Music also helps kids focus on the beat, forgetting the effort of exercising and motivating them to do more. Kids love Fitness Frenzy because exercise becomes a game and they get to laugh at themselves and with other players striving to cross the lasers and trigger the coveted musical prize.

**Minimum Players 2**

### How to Play

The object of the game is to work on fitness while making music through crossing the laser beams on the Beamz controller. The laser beams on the Beamz controller will be the target zone for the exercises. For example, if the player is doing a toe reach stretch, the Beamz controller will be positioned at the bottom of their feet and the player will try to cross the laser beams by stretching past her toes to (or “in an”) attempt to make music (see Fitness Frenzy tool kit for fitness activity ideas).

### Challenges

**Challenge 1 - Competition!** Enjoy a family fitness day by tracking and measuring each player’s exercises. How many pushups can you do? How long is your toe stretch?

**Challenge 2 -** Start this challenge with the rhythm on low volume. Have one player be the trainer. The trainer will determine sets of exercises or stretches for the other players to complete. Once the set is completed, the trainer will increase the volume of the rhythm playing and ask players to repeat the set at a higher intensity as the volume crescendos.

**Play Value:** Develops Gross Motor Skills, Increases Physical Fitness, Builds Confidence, Fuels Interactive Behavior, Fosters Collaboration

# Fitness Frenzy Toolkit

**Directions:** Use the stretches and fitness exercises listed below as ideas for using the Beamz controller as a target zone for the activities. Incorporate your own ideas to advance play.

## Stretches

- **Toe Reach Stretch** - Sitting on the floor with legs together stretched forward, place the Beamz controller at the bottoms of the player's feet. Player can try to reach towards toes and cross the laser beams.
- **Toe Touches** - Standing with legs together and Beamz controller at the tops of the players toes, player can bend over at the waist and reach down to touch toes and cross the laser beams.
- **Child's Pose** - Sitting on the floor with knees bent underneath (heels on bum), reach arms out in front and cross the laser beams. Beamz controller should be placed in front of the player within arm's reach.
- **Long Reach Stretch** - Player should lay down on backside with arms and legs stretched out. Player can try to flex toes or reach fingertips to cross the laser beams as they stretch out on the floor. Beamz controller should be placed at the bottoms of the players feet or above the players head within reach of fingertips.
- **Wide Leg Hamstring Stretch** - Standing with feet hip width apart or wider, reach arms straight up above head then slowly bend down with arms together and bring them to one side of foot crossing the laser beams on the way down. Beamz controller should be placed at the tops of the players toes.
- **Seated Cross Leg Forward Bend** - Sitting crossed legged, bend upper body down to the ground reaching arms out in front and try to cross the laser beams with hands on the way down. Beamz controller should be positioned within arm's reach in front of the player.
- **Runners Stretch** - Standing with legs hip width apart and the Beamz controller at the players heels, bend knee and bring one foot up toward bum. Player will grab their raised foot with their same side hand. Player can try to cross the laser beams as they bring their foot up to their bum.

## Fitness

- **Sit Ups** - Sitting on the ground with knees bent up and Beamz controller a couple feet away from the player feet, the player will lay back and sit up reaching arms out past the Beamz controller to cross the laser beams with each sit up.
- **Leg Lifts** - Player will lay down on their back or on their side with the Beamz controller at the bottoms of their feet. Player will bring one leg up at a time crossing the laser beams as they lift their leg.
- **Push Ups** - Player will lay down on their belly with hands shoulder width apart at their head and toes pointed down on the ground. When the player is ready to begin, they will lift off of the ground into a plank (horizontal on the floor) position and then straighten and bend arms to do the push ups. The Beamz controller can be placed at the head of the player. As they do the pushups, they can use their forehead to cross the laser beams. *Please note: a caregiver should be present at all times when players are practicing this exercise.*

# Soundz Roundup

## Physical, Cognitive & Sensory

## Game 10

**Objective:** Parents like Soundz Round Up because localization of sounds help kids learn directional origins. It also improves listening skills which impacts learning and language capabilities. Kids love trekking through the house in search of an object that relates to the music and engaging creative skills in deciding what to choose and why.

**Minimum Players 2**

### How to Play

The object of the game is to listen to the laser beam sounds and find household items that relate either to the sounds from the laser beams or find items that the song inspires. For example, a player may find an oatmeal container that makes a sound of drums or a squeaking dog toy that makes similar sound effects heard from the laser beams. The song could also inspire an object from the house, like a stuffed toy for a soothing song or a jump rope for a tune that makes you want to jump. Players select a song from the master play list, then players can cross the laser beams to hear the sounds, vocals and effects. When the players are ready to search for household items, set a timer for 60 seconds and start the pursuit! Once they have it, cross the laser beam again to signal you made it, then have the player show or “play” the object selected.

### Challenges

**Challenge 1** - Change the amount of time to search for household items from 30 seconds to make it more challenging to 2 minutes to make it less challenging.

**Challenge 2** - Search for the household items in teams of 2 players or more.

**Challenge 3** - Designate the laser beam sounds to each player before searching for household items. Let the youngest player start by selecting one of the 12 laser beam sounds on the song and continue until the oldest person has selected a laser beam sound to mimic with household items.

**Play Value:** Stimulates Imagination, Improves Auditory Processing, Supports Musical Advancement, Fosters Collaboration, Fuels Interactive Behavior



# Follow Me

## Activity For All Ages

**Objective:** An activity/game that challenges your friends and family to follow your musical sequences with the Beamz laser controller. Attention and focus to repeat the music sequences of the leader is great for building and maintaining memory skills.

**Song Recommendations:** Honky Tonk Hoedown, Jazz Club, Pharoah's Remix, Rock Star, That's A Rap (the instruments and the rhythm tracks within these recommended songs do not vary significantly; so they are ideal for beginner play).

**Minimum Players 2** (3 or more players is ideal for judging).

## How To Play

The first player is the "leader"; the other players are the "followers." After the "leader" selects the song of choice for the activity, the "followers" are presented the challenge to replicate the musical sequences of the leader. Use of the songs's rhythm track is at the discretion of the "leader" player.

The "leader" and "follower" play with the Beamz controller is best using this progression:

1. 30 second play – 4 instruments and/or sequences.
2. 1 minute play – use up to 6 different instruments and/or sequences, using just one swap to another page of instruments.
3. 2 minute play – use 8 or more instruments and/or sequences with at least one instrument from page 2 and at least one instrument from page 3 for more complexity for the "follower" player.

## Challenges

**Challenge 1** – Play with "intermediate" level songs - Brass Knuckles or Moonlight Redux - and use the rhythm track. These songs introduce more variation within the assigned instruments and more rhythm track variation.

**Challenge 2** – Play with "advanced" songs - Today Is Gonna Be A Great Day-Jam or Super Freak-Jam - and use the rhythm track. These songs include vocals in the rhythm track and will require players to attend to multiple processing tasks to replicate the sequencing and timing of the leader's play.

# Hand Play

## Activity For All Ages

Making music by touching laser beams and playing light provides individuals and groups many creative options. The ideas below are provided to fuel your fun with Beamz laser controller.

The Wave	Move hands in a wave-like manner, hitting one or both lasers on each side.
The Flip	Start with the palm facing down, and the back of the hand facing upward. Turn the hand 180 degrees so that the palm is facing upward and the back of the hand is down.
The Chop	Place one straight hand perpendicular to the lasers, and bring it up and down to hit both lasers on one side.
The Robot	Place both hands perpendicular to the lasers, and alternate bringing them up and down to hit both lasers on both sides.
Fists	Make hands into fists, then open them, interrupting the beam of the laser with the fingertips.
Spirit Fingers	Wiggle fingers hitting at least one laser at a time.
Plucking	Create a plucking movement with the fingers, as if plucking on a guitar string, curling one finger at a time and bringing it in toward the palm.
DJ Scratch	Move hand as if pulling a record back and forth similar to what a DJ would do.
Knocking	Make a fist with the hand and do a knocking motion into a laser by bending the wrist.
Drumming	Flatten and straighten hand and move up and down similarly to beating on a drum. Move hands through one or both lasers on each side in rhythm with the background rhythm.
Finger touches	Place thumb directly below a laser and touch each finger to the thumb, one at a time, intercepting the laser each time.
Pointing	Make a pointing motion with the index finger, and move it through the laser.
Pushing	Hold hand out in front of the body (palm out, back of hand parallel with body), and make a pushing motion through the lasers, hitting both lasers on one or both sides.
Swimming	Hold hands out, perpendicular to the lasers with pinky fingers on top and their thumbs on the bottom (palms should be facing away from each other), and make a movement similar to the breast stroke through the lasers on each side of the unit.

# Incent and Reward

## Motivation Activity

**Objective:** To incent productivity by regularly scheduling periods of reward activity after a task or milestone has been completed or achieved.

**Participants Required:** Individuals.

*Tip: Breaking tasks and chores into manageable chunks, setting expectations with concrete outcomes and rewarding those incremental achievements, is a proven method for obtaining ongoing productivity with children and adults of all ages with moderate disabilities.*

**Song Recommendation:** Player's Choice.

### Instruction and Guided Practice:

1. The first time Beamz is used, the parent demonstrates how each instrument can be played on an a device with a touch screen (participant will be using only the software in this case), or by passing one finger, several fingers (like playing a piano scale) or by holding a hand continuously through each of the four laser beams on the Beamz controller. Then instructor demonstrates how to Swap to the next the page to get more instruments choices (there are three pages, each page contains four instruments).

The Game Leader demonstrates how to navigate to the Playlist to select a song and then how to play the background track of that song by selecting the Rhythm Button in the Beamz Player Software interface or on the Beamz Laser Controller. *\*\*Note — too many choices can be overwhelming, so if you know your child enjoys a specific genre of music you can set up a customized playlist of songs prior to the activity). Create a customized playlists by pressing the Playlist Button/Manage Playlist/New, or by selecting the Settings Button/Manage Playlist/New on the Player Software interface.*

2. Game Leader schedules additional sessions throughout the day—as players meet reward criteria, or as needed when the player begins to display inattentiveness or distraction.  
*\*\*Note — for individuals with Autism, regularly schedule Beamz as part of their sensory diet.*
3. Once the player becomes confident, assist or teach them to record their own unique performance of a song as their take away. Recorded songs are sent to your Music folder in MP3 format. Player can share their songs with friends and family, can post them to social media, or keep in their music device to listen to later.

**Tip:** Visually display reward framework, having players actively participate in their own progress monitoring by: adding stickers to a board, checking off completed tasks, etc.



# Alphabet Sounds

## Early Learning Activity

**Objective:** Player uses Beamz to reinforce Alphabet Sounds, rhythm, and eye-hand coordination.

**Song Recommendations:** ABC Phonics Song-LS, The Learning Station Sample Medley-LS (sample medley includes letters A to E; complete song available in The Learning Station Interactive Music Videos bundle at [www.beamzmusic.com](http://www.beamzmusic.com) for PC users and within the Beamz Store in the iOS and MAC applications).

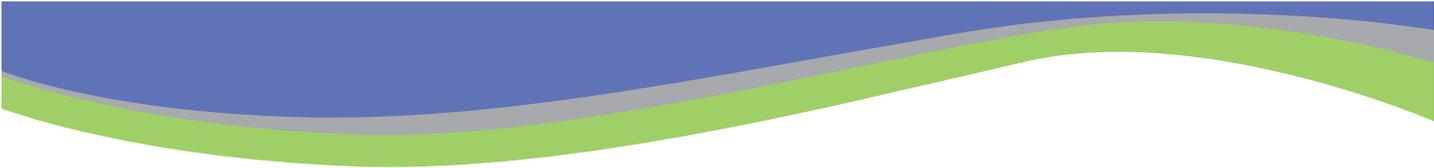
### Instruction and Guided Practice:

*\*\*Note—This is a great tablet or iPad activity.*

**Activity 1: Video View** - Open your Master Song List in your Beamz Player Software and select the ABC Phonics Song LS. Allow the player to interact with the song recreationally by watching the video, exploring the instrument lineup (which includes letter sounds, animal sounds and instruments).

**Activity 2: T-t-time** - Tell the player that the task is to trigger the top right beam in perfect sync with the song (the top right beam is the letter sound for each letter of the alphabet, you're trying to get students to line up the beginning sounds on that beam with the sound being said/sung in the music video).

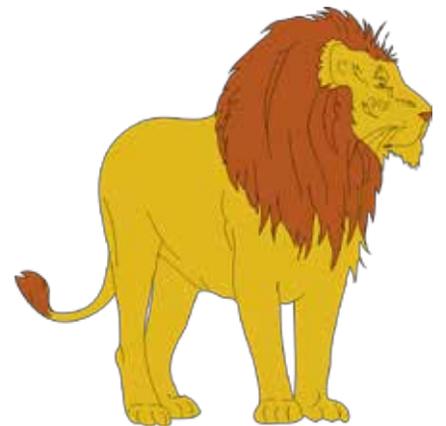
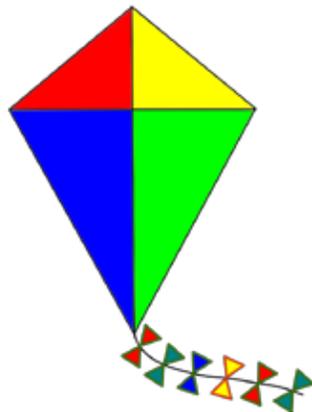
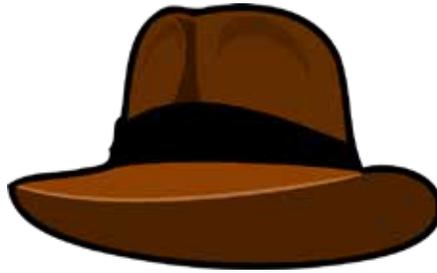
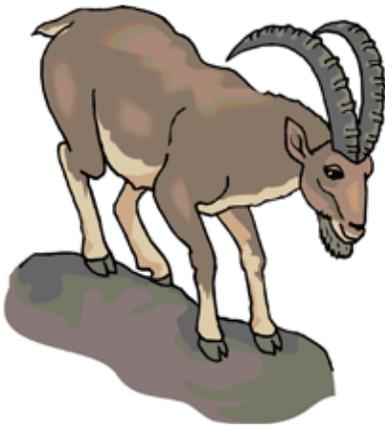
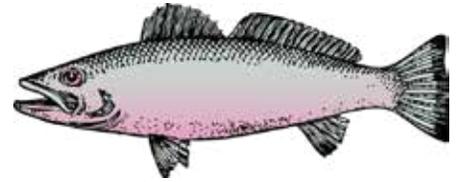
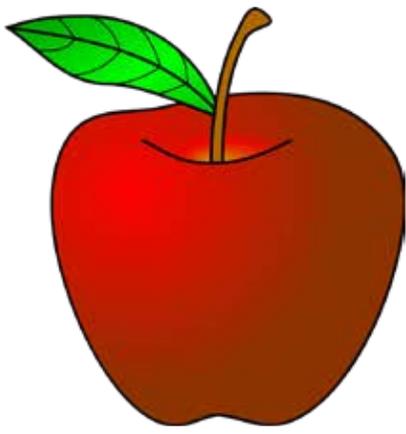
**Activity 3: Hold "Em Up** - Lay out all of the alphabet flashcards in front of the player, making sure they are not in alphabetical order. Have the player hold up or point to the corresponding. Tell the player to hold up or point to the corresponding card. *\*\*Note—for players using alternative access, you can pre-program a switch (or whatever device they're using) with their card letters so that they can indicate when their letter(s) is said/sung.*



# Alphabet Sounds

## Toolkit/Flashcards

Cut the cards for use with Activity 3. The Alphabet Sounds Flashcards are available online to download and print - [www.thebeamz.com/home-activity-guide](http://www.thebeamz.com/home-activity-guide).



Cat

Bear

Apple

Fish

Egg

Dog

Igloo

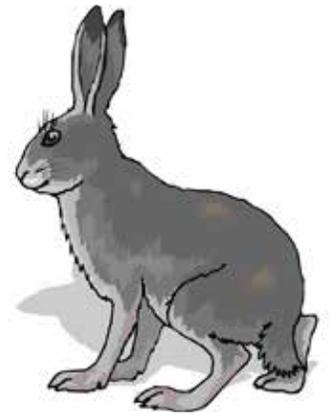
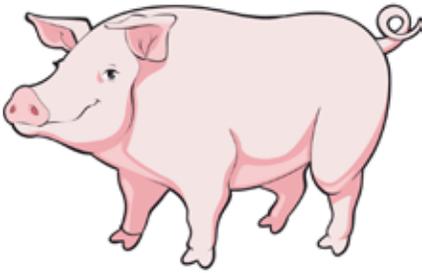
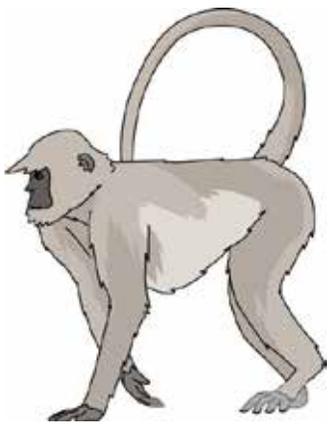
Hat

Goat

Lion

Kite

Jacket



Ostrich

Nose

Monkey

Rabbit

Queen

Pig

Umbrella

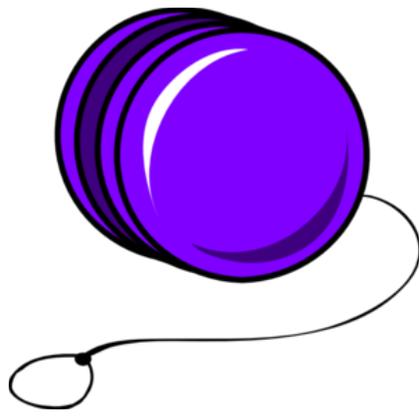
Turtle

Sun

X-ray

Wagon

Van



Zebra

Yo yo





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