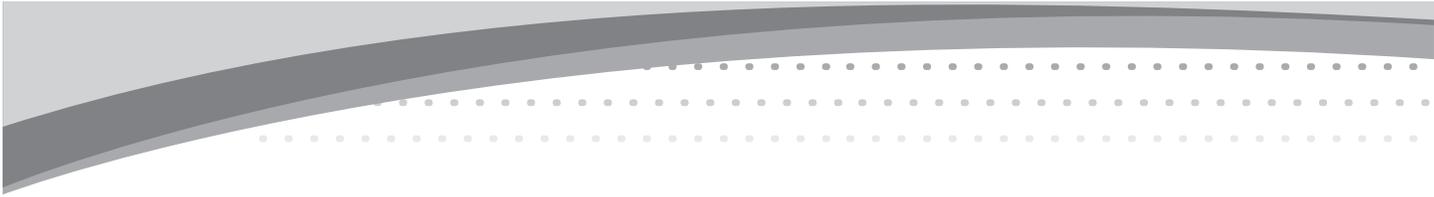




## Senior Care

Introductory  
Activities



# Table of Contents

Music For Health & Introducing Beamz	pg. 2
Senior Care Usage & Broad Professional Use	pg. 2
Memory Care	
Brain Fitness	
Music Therapy & Music Activities	
Recreation Therapy	
Occupational/Physical Therapy	
Social Activities	
References & Evidence Based Research	pg. 5
Activity Authors & Additional Resources	pg. 7
Activity Goal Summary	pg. 8
Activities	pg. 9
Follow The Leader	
Hand Choreography	
Song Stretch	
Tune Trivia	

## Questions?

Please feel free to contact:

**Al Ingallinera Jr., MBA**

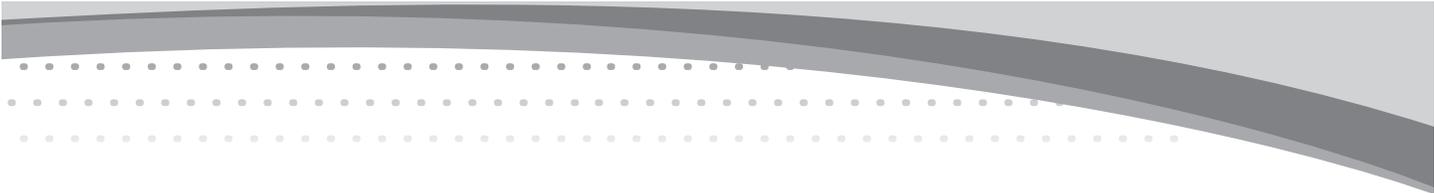
VP, Marketing & Product Management

Beamz Interactive, Inc. – [www.thebeamz.com](http://www.thebeamz.com)

15354 N. 83rd Way, Ste 101

Scottsdale, AZ 85260

[al.ingallinera@thebeamz.com](mailto:al.ingallinera@thebeamz.com)



# Music For Health

Music can play an important role in health promotion and can contribute greatly to overall quality of life. Activities involving music provide opportunities for engagement, socialization and enjoyment, cognitive stimulation and brain fitness. While simply listening to music has many health benefits, the Beamz enhances music experiences for seniors by creating new ways to interact with music. Engaging individuals in a multisensory experience, individuals not only hear the great sounding music they are creating, but also benefit from the physical movements involved in the making music experience. The cognitive processes involved during making music simulate both brain hemispheres and can contribute greatly to overall brain fitness. This is exciting since medical research confirms that consistent, long term participation in cognitively stimulating activities is associated with a significant reduction in risk of cognitive decline. Furthermore, the joy of making music and the sense of accomplishment in learning a new skill can lead to enhanced self-image, increased confidence and improved mood.

## Introducing Beamz

The Beamz enables individuals of all ages and abilities to actively participate in the experience of making great sounding music. Beamz is simple to set up and use, and does not require that the activities leader, therapist or care provider have any experience playing traditional music instruments given its orientation towards recreational music making.

Using laser beams as the “trigger” means for making music enables Beamz to be used with patients and residents of varying physical and cognitive skills. Without requiring tactile pressure or precise movements to create the music, the Beamz music application and Beamz laser controller combine to serve as an accessible therapeutic device that can either be operated independently with simple movements or easily adapted for individuals of varying abilities to promote independent use.

## Senior Care Usage

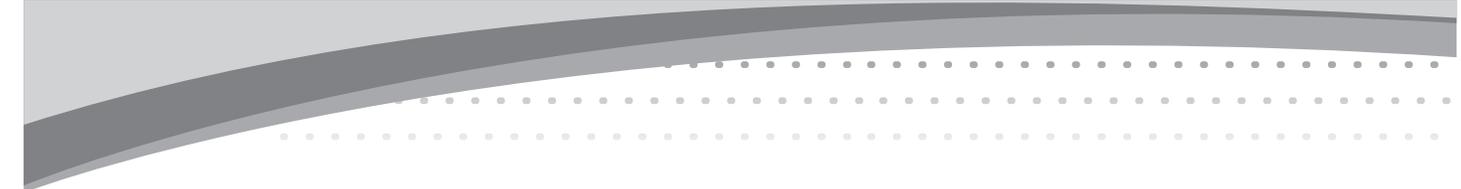
### Use Beamz For Individual & Group Activities

- Senior Centers
- Retirement & Active Living Communities
- Assisted Living & Personal Care Communities
- Memory Care Communities
- Progressive/Continuum Care Communities
- Adult Day Programs
- Skilled Nursing Facilities
- Rehabilitation Facilities
- Home Care Therapy Services

### Multi-Faceted Solution For Broad Professional Use

#### **Memory Care**

An important element of any Memory Care program in assisted living and senior care communities is the use of engaging programming that provides sensory stimulation and activity adaptation in



order to emphasize strengths and assist residents in maintaining their independence and functioning at the highest level possible for as long as possible. Music is a great tool to spark interest, stimulate the senses, utilize cognitive functions, promote self-expression, maximize engagement, and create positive and enjoyable experiences – all of which are hallmarks in any memory care program.

Active music making using the Beamz is ideally suited for seniors with varying stages of dementia. While individuals in the early stages of cognitive decline may benefit from more challenging and complex musical activities, individuals with moderate to moderately severe cognitive decline can benefit from focused activities that provide a unique way to actively participate in recreational music making for mental functioning improvement and maintenance.

Beamz music making activities contribute to maintaining the highest level of function by using recreational music making activities that focus on short, achievable goals. With its universal design, Beamz may be used by multiple professional disciplines from activities professionals, dementia care specialists and therapists.

### **Brain Fitness**

Music listening, recreational music making and other music-based activities are great ways to promote brain fitness. The brain is engaged in both hemispheres when listening of music, and when other actions and activities are paired with music, cognitive stimulation is increased. Research has demonstrated that interacting with and/or making music utilizes critical cognitive skills linked to overall brain health including focus, sequencing, processing speed and concentration. Structured activities with the Beamz incorporate all these skills and can also provide opportunities to work on problem solving and memory skill building.

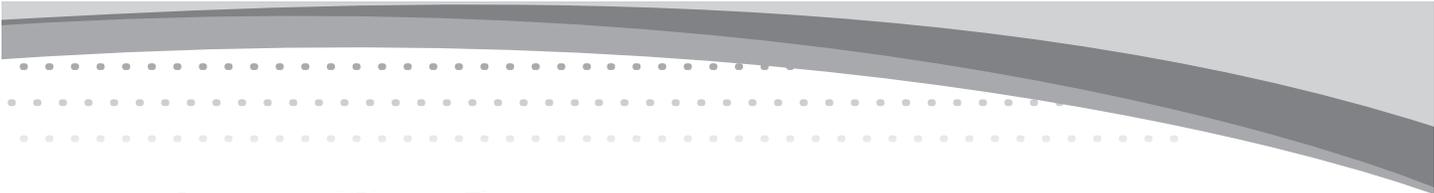
### **Music Therapy & Music Activities**

Studies show that people in every age group benefit from music therapy, which relaxes the body, reduces muscle tension, boosts productivity, decreases stress levels, and strengthens memory and learning. Music can also facilitate cognitive and motor improvements, including shifting mood and managing stress-induced agitation.

The Beamz provides a unique means to make music that does not require specific playing techniques; and with the absence of tactile sensation when touching laser beams and “playing light” participants may be better able to completely focus on the music and the mind/body connection.

### **Recreation Therapy**

Beamz provides unique opportunities for recreation therapists to use music making as a therapeutic tool that engages clients and helps them accomplish a wide range of cognitive, physical and social/emotional goals. Through individual or group activities recreation therapists can structure interventions that align with client interests and strengths as a way of addressing a variety of care plan goals and accelerating therapeutic outcomes to improve a client’s overall quality of life.



## **Occupational/Physical Therapy**

Using Music Making As A Modality – Engage Participants In Multiple Tasks Utilizing:

Visual perception, tracking and scanning

- *developing visual motor skills, eye/hand coordination*

Motor integration, range of motion

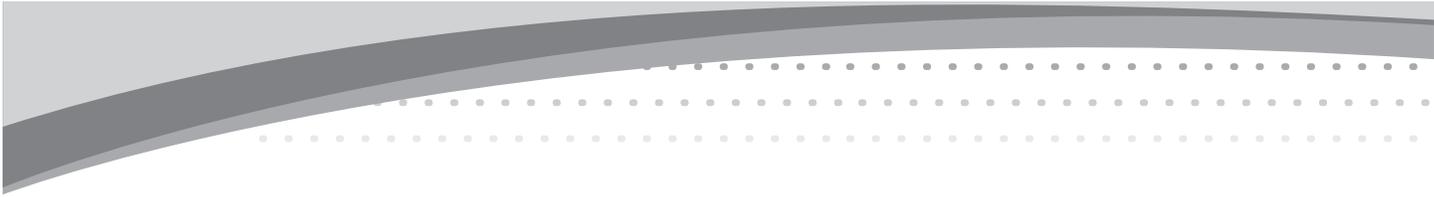
- *increasing reach and extension, crossing the midline, building upper body strength*

Cognitive recall, memory and attention span

- *improving sensory processing skills*

## **Social Activities**

Music is an enjoyable activity for most people that naturally promotes socialization and interaction with others, which can help prevent isolation and depression. Connecting with music via the Beamz provides an opportunity for meaningful activity, without a significant learning curve – and making music contributes to a sense of accomplishment.



## References & Evidence-based research

### The New England Journal of Medicine

*Leisure activities and the risk of dementia in the elderly (2003)*

Summary/Conclusion: Participation in cognitive activities was associated with a reduced risk of Alzheimer's disease, vascular dementia, and mixed dementia. The study included subjects between ages 75 and 85 with no diagnosis of dementia; subjects who frequently participated in cognitively stimulating activities had a risk of dementia 63 percent lower than among subjects who participated less frequently. Lower levels of participation were also associated with higher levels of depression. Clinical and neuropsychological evaluations were conducted at baseline, with follow-up visits every 12 to 18 months; playing music was among the cognitive activities.

### Journal of Geriatric Psychiatry and Neurology

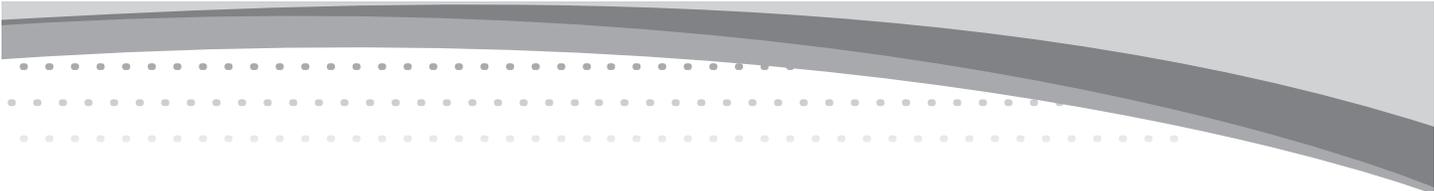
*Participation in novelty-seeking leisure activities and Alzheimer's disease (2005)*

Summary/Conclusion: Greater participation in novelty-seeking and exchange of ideas activities across the life span was associated with decreased odds of developing Alzheimer's disease. The study included subjects between the ages of 20 and 60 years. Novelty-seeking activities included getting new experiences, including interaction with music.

### Alzheimer's Foundation of America (AFA)

*Education and Care; Recreational Activities; Music*  
[www.alzfdn.org/EducationandCare/musictherapy.html](http://www.alzfdn.org/EducationandCare/musictherapy.html)

Summary/Conclusion: Music has power – and can spark compelling outcomes even in the very late stages of the disease. When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements. Unfamiliar music can also be beneficial because it carries no memories or emotions; this may be the best choice when developing new responses.



# Beamz Specific Recreation Therapy Research

*American Journal of Recreation Therapy, Volume 12, Number 3*

*DOI: 10.5055/ajrt.2013.0050*

*www.recreationtherapy.org*

## **Technology-based music-making in recreation therapy practice**

### Physiological effects of a technology-based music-making program in skilled nursing residents

*Brigid Lyons, BS, CTRS, Department of Rehabilitation Sciences, Temple University, Philadelphia, Pennsylvania.*

*Rhonda Nelson, PhD, CTRS, Associate Professor, Department of Rehabilitation Sciences, Temple University, Philadelphia, Pennsylvania.*

*Pei-Chun Hsieh, PhD, CTRS, Assistant Professor, Department of Rehabilitation Sciences, Temple University, Philadelphia, Pennsylvania.*

#### **Abstract**

This study evaluated the effectiveness of a technology-based music-making intervention (the Beamz) in elevating heart rate and producing a relaxation response in skilled nursing home residents. Using a quasi-experimental counterbalanced design, results indicated that this brief intervention produced a statistically significant elevation in heart rate and systolic blood pressure when played at a fast tempo. Heart rate was also significantly elevated when slow tempo music was used. In addition, participants reported a statistically lower level of relaxation following the slow tempo session and expressed that they found this new activity intervention enjoyable. Implications of findings and future research possibilities using technology-based music-making interventions in recreation therapy practice are discussed.

#### **Conclusion**

Given the large number of skilled nursing have limited options for physical activity due to their chronic health conditions, this intervention provides an opportunity to engage in an activity that promotes physical activity in frail older adults. The fact that positive physical outcomes can be achieved in only a short period of time makes it extremely practical for widespread use.

The Beamz appears to be an activity that older adults are interested in and enjoy, which is important to motivate individuals to participate on a regular basis. The fact that individuals find the intervention enjoyable indicates that therapeutic recreation sessions using this protocol hold the potential to not only impact physical functioning but also enhance quality of life.

Recreation therapists should be able to incorporate use of the Beamz into their regular schedule of therapeutic programming with very little time and effort. The cost of the equipment is minimal, and training to develop skill in use can be completed in a very short period of time. The diversity of ways that the equipment can be used enables flexibility in program design and holds the potential to meet a variety of therapeutic goals for clients.

# Protocol/Activity Authors

*Rhonda Nelson, PhD., CTRS, MT-BC, Temple University; Associate Professor,  
Dept. of Rehabilitation Services & Program Director, Therapeutic Recreation*

*Aurora Crew, CTRS, Waverly Heights, Director of Therapeutic Recreation*



## Additional Resources

### Beamz Music

The music suggestions within each of the activities in this guide are included with the Beamz Professional Edition offering. PC users may purchase additional songs via the website [www.beamzmusic.com](http://www.beamzmusic.com); iOS and MAC users may purchase additional songs within the Beamz Store in the Beamz application.

A popular song bundle for use with Senior Care populations is the Golden Oldies Collection, which comprises titles from artists, including: Bobby Darin, Elvis, Frankie Valli, Aretha Franklin, Peggy Lee, Frank Sinatra, Jimmy Durante and more.

### Beamz Therapy Guide

The activities provided in this Senior Care Introductory Activities collection are excerpts from the protocols within the Beamz Therapy Guide, which is a collection of 15 protocols and additional interactive music structured for therapist use with measurement tools. The protocols within the Beamz Therapy Guide also provide activities for additional social/emotional goals including: Creative Expression, Decision Making, Empowerment, General Social Skills, Interpersonal Relating Skills, Listening, Self-Confidence & Self-Exploration.

The Beamz Therapy Guide also provides 30 additional interactive songs, including the **Golden Oldies Collection**.

Visit [www.thebeamz.com/btg-overview](http://www.thebeamz.com/btg-overview) for more information and to download a **FREE** sample of the Beamz Therapy Guide.

### Music Therapy Protocols

Structured activities are also available for music therapists, including cognitive protocols using neurological music therapy (NMT) techniques.

Visit [www.thebeamz.com/therapy-rehab/music-therapy](http://www.thebeamz.com/therapy-rehab/music-therapy) for more information and to download a **FREE** sample of the Beamz Music Therapy Protocols book.

## Activity Goal Summary

This table summarizes the potential goals per activities included with this Senior Care book that can be addressed using the Beamz.

	Follow The Leader	Hand Choreography	Song Stretch	Tune Trivia
<b>Cognitive Goals</b>				
Attention				
Concentration				
Focus				
Following Directions				
New Learning				
Memory				
Problem Solving				
Reading Comprehension				
Sequencing				
<b>Physical Goals</b>				
Endurance				
Fine Motor				
Gross Motor				
Range of Motion				
<b>Social/Emotional Goals</b>				
Team Work				
Verbal Expression				

# Follow The Leader

Possible Goals:

Cognitive	Physical	Social/Emotional
Attention	Fine Motor	
Focus	Gross Motor	
Memory		
Problem Solving		
Sequencing		

**Staff Requirement:** One therapist or activity leader

**Group Size:** One-on-One with a suggested adaptation for a small group

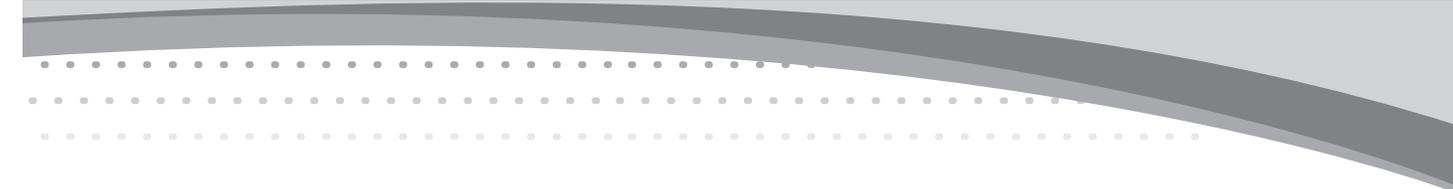
**Setting:** Quiet space where there are limited distractions

**Duration:** 10-20 minutes

**Music Suggestions:** Café Carnival, Green Onions-Jam, Honky Tonk Hoedown, Rock Star, SOS-Jam, That's A Rap

## Procedure:

1. Set up the unit and decide on the music in advance of the session. If it is anticipated you will be using longer sequences, it is suggested that sequences be developed and written down in advance of the session. This will allow you as the therapist or activity leader to be able to focus on the response of the client, instead of on remembering the correct beam sequence. Sit adjacent to the client, instead of across from the client, so that the sequence is clearly visible.
2. Explain the activity to the client. "I will be playing different sequences or instrument patterns with the lasers, and I would like you to repeat back what I am doing. The sequences will start off short and will get longer as we progress through the activity. If you feel as though you are uncomfortable with the pace or number of the beams played in the sequence, please let me know."
3. Start by playing one beam, and having the client repeat that. If successful, progress to two beams in the sequence. If unsuccessful, repeat the exercise using one beam until the client is able to repeat it, and at that time, progress to two beams. The session should continue like this, adding one beam to the sequence every time the previous sequence is correct until the sequence is five beams long.
4. Continue with the five beam sequences two to three times to verify mastery at this level before progressing to a higher level. If the client has difficulty successfully repeating a given the number of beams in the sequence, regress and remove beams from the next sequence, so that the client can



demonstrate success with the lower number before attempting to advance to a more difficult progression again. Once the beam sequence progresses to five beams or more, the therapist may wish to use the swap button to include page switches during the sequence. This will increase difficulty.

5. The activity should end when the client has continuously reached the goal number in their beam sequence. To prevent boredom or cognitive fatigue, the activity length should be limited to 15-20 minutes.
6. The activity should be repeated on a schedule determined by the therapist or activity leader and the client for maximum cognitive benefits.

## Follow The Leader Adaptations

- To further assess cognition, ask the client to recall information in addition to the sequences, such as the name of the activity, the first instrument used or the first sequence.
- After a few clients become familiar with the activity, have them work together in a small group, assisting each other in recalling beams and taking turns to play the beams in sequence.
- If a client is having difficulty remembering the sequences, repeat them twice, before asking the client to play the beams.
- For an activity variation, ask clients to initiate sequences that must then be repeated by the therapist or activity leader. This is a good way for clients to demonstrate that they understand the rules of the game, and may build empowerment as clients receive a chance to become the leader. It may also motivate clients to engage in the activity for longer periods of time.

---

### Protocol/Activity Authors

*Rhonda Nelson, PhD., CTRS, MT-BC, Temple University; Associate Professor, Dept. of Rehabilitation Services & Program Director, Therapeutic Recreation*

*Aurora Crew, CTRS, Waverly Heights, Director of Therapeutic Recreation*

This activity is also a protocol with additional interactive songs and client measurement tools within the Beamz Therapy Guide, which is a collection of 15 protocols structured for therapist use.

**Visit [www.thebeamz.com/btg-overview](http://www.thebeamz.com/btg-overview) for more information.**

# Hand Choreography

Possible Goals:

Cognitive	Physical	Social/Emotional
Concentration	Endurance	
Memory	Fine Motor	
Reading Comprehension	Gross Motor	
Sequencing		

**Staff Requirement:** One therapist or activity leader

**Group Size:** One-on-one with a suggested adaptation for a group activity

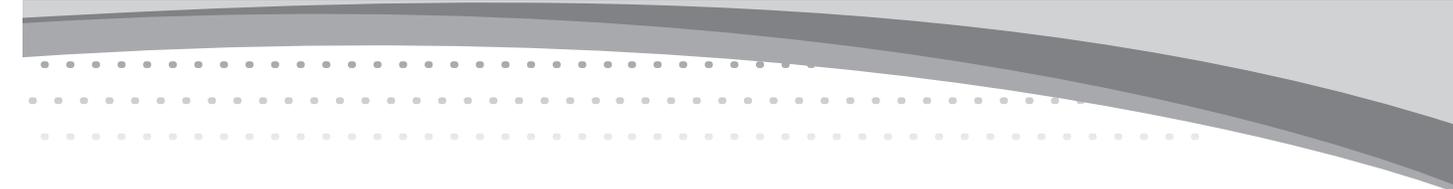
**Setting:** Private area with limited distractions

**Duration:** 15-20 minutes

**Music Suggestions:** Allow client to choose music of interest

## Procedure:

1. Set up the Beamz unit in a private area with limited distractions, and sit either next to your client or across from him/her.
2. Explain to the client that they will be creating a hand choreography (or hand dance) to go along with the Beamz music that they enjoy, but that you will begin by introducing some basic hand choreography moves. Explain that they are not limited to the movements that you show them.
3. Allow client to choose music of interest.
4. Incorporate a combination of hand choreography moves (described on the “Hand Choreography Movements” page provided). For the first session, or when client is first learning the different moves, have them complete 5-10 repetitions of each movement so that they can gain comfort and familiarity.
5. As client develops competence and confidence with different movements, the therapist or activity leader should play the background rhythm and model a choreography “hand dance”, shifting fluidly from move to move.
6. For more advanced clients, allow them to create their own hand choreography, and make notes on the different movements incorporated in the choreography. At a later date, see if client can replicate their hand choreography.



## Hand Choreography Adaptations

- After different clients have composed their own hand choreography and have practiced their moves, structure a group activity where multiple clients can showcase their individual choreographed hand dances.
  - Tell clients the name of each move as you demonstrate it. Next, either call out the name of specific movements and have the clients demonstrate the moves, or demonstrate different moves, and ask clients to call out the correct name for that movement. (Additional goal: memory/cognition).
  - Without first demonstrating the moves, give the client the sheet describing each of the different moves, and ask them to demonstrate the move based on the instructions. (Additional goals: written/verbal comprehension, problem solving).
  - If clients do not have use of their hands, ask them to replicate some of the moves using a different part of the body.
  - Structure a group session by having clients work together to create a hand choreography routine.
- 

### Protocol/Activity Authors

*Rhonda Nelson, PhD., CTRS, MT-BC, Temple University; Associate Professor, Dept. of Rehabilitation Services & Program Director, Therapeutic Recreation*

*Aurora Crew, CTRS, Waverly Heights, Director of Therapeutic Recreation*

This activity is also a protocol within the Beamz Therapy Guide, which is a collection of 15 protocols structured for therapist use.

**Visit [www.thebeamz.com/btg-overview](http://www.thebeamz.com/btg-overview) for more information.**

# Hand Choreography

## Movements

These movements can be done simultaneously not only by the individual playing the Beamz, but also by other group members.

Hand choreography movements could include, but are not limited to:

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.

# Song Stretch

Possible Goals:

Cognitive	Physical	Social/Emotional
Attention	Endurance	
Following Direction	Fine Motor	
	Gross Motor	
	Range of Motion	

**Staff Requirement:** One therapist or activity leader

**Group Size:** One-on-One with adaptations for small group

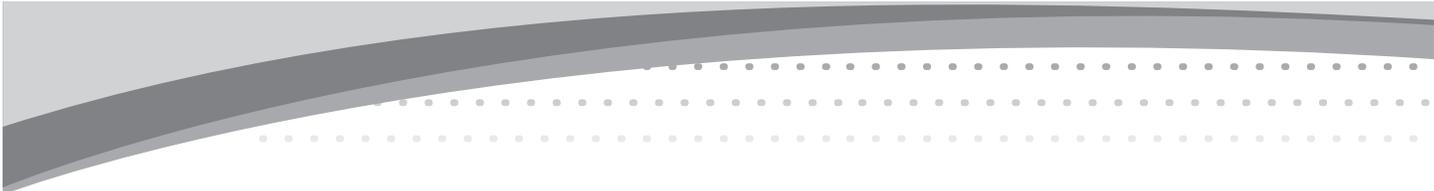
**Setting:** Open area such as a general activity space with room for movement.

**Duration:** 20 minutes

**Music Suggestions:** Music that client will find motivational. For some, this may be fast-paced music with a quick beat, for others, this may be more soothing music, such as classical.

**Procedure:**

1. Before beginning this activity, check with each client’s physician or physical therapist regarding any physical and/or safety precautions.
2. Set up the Beamz unit on a small cart or table with wheels (such as a tray table). If a small table is not available, the therapist or activity leader may opt to hold the Beamz in place for some exercises, or reposition the client so that the device is positioned on different sides for different exercises. Allow for plenty of space around the client, as they will be moving their arms and legs throughout the session.
3. Ask the client to choose music with a faster pace that will motivate them to continue physical activity. Play the rhythm in the background during the session.
4. Ask the client to sit in a chair with their feet touching the ground if possible. Remind the client to sit with their back straight, and to utilize proper breathing techniques during the session, by breathing in through the nose and out through the mouth.
5. Begin the exercise session by having the client complete a five-minute seated warm up, followed by the 15 minute seated exercise routine and a three-minute cool-down (all described on following page). Remind the client of breathing techniques and good posture throughout the session, as needed.
6. Adapt the routine as necessary for your client by altering the order of movements, adding/deleting certain stretches, and/or changing the number of repetitions.



## Song Stretch Adaptations

- For clients who are able to do a standing exercise sequence, adapt seated stretches to be done while standing, or have the client complete the upper extremity exercises while standing and the lower extremity exercises while seated.
  - Conduct the activity with a group, and use a wheeling cart or tray table to wheel the Beamz unit to different clients throughout the session, giving everyone an opportunity to use the Beamz to do at least one or two of the exercises.
  - To focus more on fine motor skills, use some of the exercises from the Hand Choreography protocol, and incorporate several repetitions of those movements into the exercise routine.
- 

### **Protocol/Activity Authors**

*Rhonda Nelson, PhD., CTRS, MT-BC, Temple University; Associate Professor, Dept. of Rehabilitation Services & Program Director, Therapeutic Recreation*

*Aurora Crew, CTRS, Waverly Heights, Director of Therapeutic Recreation*

This activity is also a protocol with additional interactive songs and client measurement tools within the Beamz Therapy Guide, which is a collection of 15 protocols structured for therapist use.

**Visit [www.thebeamz.com/btg-overview](http://www.thebeamz.com/btg-overview) for more information.**

# Song Stretch

## Possible Movements:

Exercises may be substituted or repetitions (reps) may be decreased or increased depending on each client's abilities.

### Warm-up (approximately 5 minutes)

Shoulder Rolls	Roll shoulders back (3 reps), then roll forward (3 reps).
Arm Stretches	Stretch arms out to the side, and flip so that palm is facing up, then down (3 reps). While still stretching out left arm, bring right arm across body and reach out to the left. Hold for 3 seconds, then switch so that right arm is held out to right side, and left arm stretches toward the right. (3 Reps).
Back Stroke	Bring arms down to sides, then one at a time, slowly circle arms up and back as if swimming (3 reps on each side).
Hip Rotations	Place hands on upper thighs. Move knees out to the sides, by rolling the foot from flat to on its side, and then bring knees back in so that they touch, placing feet flat on the floor again (5 reps).
Leg stretches	Walk the feet out to the side until they are hip length apart. Place hands on inner thighs, and while keeping back straight, lean forward until hands touch knees or below knees. Sit up straight again (2 reps). While legs are still stretched out, bring one arm up and over the head, stretching toward the opposite side. Rotate sides (3 reps). Walk feet back in.
Toe/Heel Taps	With feet firmly planted on the floor, keep heels planted while lifting then tapping toes. (5 reps). Next, keep toes planted while lifting then tapping heels (5 reps). Repeat once.
Neck stretches	Turn neck so that the head is facing right, hold for three seconds, bring back to center, then face the left, holding for three seconds (5 reps). Drop right ear to the right shoulder, hold for three seconds, then raise. Drop left ear to the left shoulder, hold for three seconds, then raise. (5 reps).

## Beamz Exercises (approximately 15 minutes)

Front Arm Reaches	While Beamz is directly in front of client at full arms reach distance, have them reach right arm straight out in front of them, palm down, above the top laser beam. Instruct them to bring the arm down through both beams, then back up. Do 10 reps, Repeat with left arm.
Side Arm Reaches	Place table with Beamz to the right side of client, and have them repeat the same type of exercise as above, moving the right arm up and down through both lasers. Do 10 reps. Repeat with left arm after moving the Beamz to the client's left side.
Leg lifts	Place Beamz on floor in front of client. Have them lift their right leg to interrupt both beams, then bring it back down so their foot rests flat on the floor (10 reps). Repeat with left leg. (10 reps).
Ankle stretches	While Beamz is still on floor, lift and hold the right leg out in front. Stretch out the foot so that the toes are pointed out, then flex the foot back so the toes are pointing up (10 reps). Repeat with left leg. (10 reps).
Reach and grab	Place Beamz back on table in front of client. Have them reach out with open hand, grab at one beam, and pull their fist back in toward the body. Alternate hands (10 reps).
Shoulder Stretches	With Beamz moved closer toward client's body, have them reach their right arm across their chest to hold onto the left shoulder. Bring right elbow up and down through one or both laser beams on one side of the beams. Do 10 reps and then switch arms.
Shoulder Touches	With Beamz at arm's length in front of client, have them touch their right hand to their right shoulder, then, palms up, bring it out and through both laser beams on one side. Do 10 reps and then switch arms.

## Cool Down (approximately 3 minutes)

Arms	Raise arms out to the side while breathing deep in through the nose. Bring arms back in towards the body while breathing out of the mouth (3 reps). Next, raise arms up over the head, so that the wrists cross, while breathing deeply in through the nose, and bring arms back down to the side while breathing out through the mouth (3 reps).
Legs	Walk the feet out to the side until they are hip length apart. Place hands on inner thighs, and while keeping back straight, lean forward until hands touch knees or below knees. Bring legs back in and do alternating toe taps and heel taps (10 reps).
Neck	Turn neck so that the head is facing right, hold for three seconds, bring back to center, then face the left, holding for three seconds (5 reps). Drop right ear to the right shoulder, hold for three seconds, then raise. Drop left ear to the left shoulder, hold for three seconds, then raise. (5 reps).
Deep Breathing	Close eyes and take 5 deep breaths, in through the nose and out through the mouth.

# Song Stretch

## Possible Movements:

Exercises may be substituted or repetitions (reps) may be decreased or increased depending on each client's abilities.

### Warm-up (approximately 5 minutes)

Shoulder Rolls	Roll shoulders back (3 reps), then roll forward (3 reps).
Arm Stretches	Stretch arms out to the side, and flip so that palm is facing up, then down (3 reps). While still stretching out left arm, bring right arm across body and reach out to the left. Hold for 3 seconds, then switch so that right arm is held out to right side, and left arm stretches toward the right. (3 Reps).
Back Stroke	Bring arms down to sides, then one at a time, slowly circle arms up and back as if swimming (3 reps on each side).
Hip Rotations	Place hands on upper thighs. Move knees out to the sides, by rolling the foot from flat to on its side, and then bring knees back in so that they touch, placing feet flat on the floor again (5 reps).
Leg stretches	Walk the feet out to the side until they are hip length apart. Place hands on inner thighs, and while keeping back straight, lean forward until hands touch knees or below knees. Sit up straight again (2 reps). While legs are still stretched out, bring one arm up and over the head, stretching toward the opposite side. Rotate sides (3 reps). Walk feet back in.
Toe/Heel Taps	With feet firmly planted on the floor, keep heels planted while lifting then tapping toes. (5 reps). Next, keep toes planted while lifting then tapping heels (5 reps). Repeat once.
Neck stretches	Turn neck so that the head is facing right, hold for three seconds, bring back to center, then face the left, holding for three seconds (5 reps). Drop right ear to the right shoulder, hold for three seconds, then raise. Drop left ear to the left shoulder, hold for three seconds, then raise. (5 reps).

# Tune Trivia

Possible Goals:

Cognitive	Physical	Social/Emotional
Attention		Team Work
Focus		Verbal Expression
New Learning		
Memory		

**Staff Requirement:** One therapist or activity leader

**Group Size:** any size

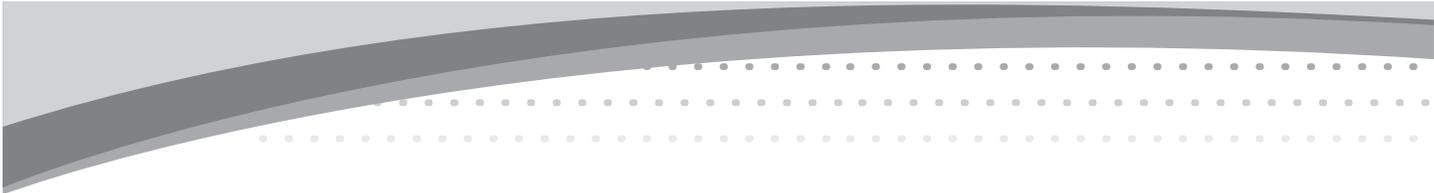
**Setting:** Activity or treatment room

**Duration:** 30-45 minutes

**Music Suggestions:** All You Need Is Love-Jam, Before He Cheats-Jam, Boom Boom Pow-Jam, Celebration-Jam, Forget You-kJam, Funkytown-Jam, Green Onions-Jam, Hollaback Girl-Jam, I Like It I Love It-Jam, I Like To Move It-Jam, Ice Cream Freeze-Jam, If I Die Young-Jam, In da Club-Jam, Mahna Mahna-Jam, Mean-Jam, Rock Your Body-Jam, SOS-Jam, Superstition-Jam

**Procedure:**

1. In advance of the session, decide what songs will be used during the session. Sample questions are suggested on the Tune Trivia Information Sheet.
2. Set up the room in a general activity space (if working with a group), or in a quiet, private space if working one-on-one. Place the Beamz on a table with screen of the Apple device or computer facing the group leader. Ensure that clients cannot see the screen. Position clients in semi-circle if in a group, or across the table if one-on-one.
3. Select one of the suggested songs from the Master Song List, and play the rhythm. Ask clients to identify the name of the song or the name of the artist, or both.
4. Once the song is correctly identified, ask some trivia questions about the artist, or read some of the fun facts. Provide prompts, cues, and encouragement as needed.



## Tune Trivia Adaptations

- Locate pictures along with trivia before the activity starts, and print out. Have client select the picture of the artist as well as guess the song.
  - If playing in a group, have clients take turns picking out the song while other clients guess the name/artist.
  - Additional tasks that can be used with the trivia are to have clients hum part of the tune, name five consecutive words in the lyrics, or name the artist.
  - Engage clients in a visual experience by playing parts of the music video for each song on YouTube, or showing pictures of the artist.
- 

### Protocol/Activity Authors

*Rhonda Nelson, PhD., CTRS, MT-BC, Temple University; Associate Professor, Dept. of Rehabilitation Services & Program Director, Therapeutic Recreation*

*Aurora Crew, CTRS, Waverly Heights, Director of Therapeutic Recreation*

This activity is also a protocol with additional interactive songs and trivia resource tools within the Beamz Therapy Guide, which is a collection of 15 protocols structured for therapist use.

**Visit [www.thebeamz.com/btg-overview](http://www.thebeamz.com/btg-overview) for more information.**

# Tune Trivia Information Sheet

**Directions:** Use this sheet to provide trivia and “fun facts” to clients regarding different artists or songs represented on the Beamz.

Some sample trivia questions and fun facts are listed below.

Song	Artist	Trivia
All You Need Is Love	The Beatles	<p>What are the names of the four Beatles? <i>Paul McCartney, John Lennon, George Harrison, Ringo Starr</i></p> <p>What is Ringo Starr's actual name? <i>Richard Starkey</i></p>
Before He Cheats	Carrie Underwood	<p>On which reality TV show did Carrie Underwood get her start? <i>American Idol</i></p> <p>Did you know: Carrie Underwood never flew on a plane until she was on American Idol.</p>
Boom Boom Pow	Black Eyed Peas	<p>What is the name of the front man for the Black Eyed Peas? <i>Will-I-Am</i></p> <p>What is the name of the blond female who joined the Black Eyed Peas before the release of their third album? <i>Fergie</i></p>
Celebration	Kool & The Gang	<p>In what year did Kool &amp; The Gang's Celebration reach #1 on the Billboard Hot 100? <i>1981</i></p> <p>Did you know: Celebration was the only #1 hit put out by Kool &amp; The Gang, but it is still played today for celebratory events such as weddings, graduations and retirements.</p>
Forget You	Cee Lo Green	<p>What reality television singing competition did Cee Lo Green star on as a coach? <i>The Voice</i></p> <p>Which president did Cee Lo perform at a fundraiser for? <i>President Obama</i></p>
Funkytown	Lipps Inc.	<p>In what year did Funkytown hit #1 on the Billboard Hot 100? <i>1980</i></p> <p>Did you know: Lipps Inc. (pronounced Lip Sync) recorded four records from 1979-1985.</p>

Song	Artist	Trivia
Green Onions	Booker T & the MG's	<p>Did you know: The MG in Booker T &amp; the MG's stands for Memphis Group, as the band was from Memphis, TN.</p> <p>Did you know: The Beatles were huge fans of Booker T &amp; the MG's, and kissed Steve Cropper's (the group's guitarist) ring when meeting him in 1967.</p>
Hollaback Girl	Gwen Stefani	<p>What band is Gwen Stefani the lead singer for? <i>No Doubt</i></p> <p>What is the name of No Doubt's first successful album, released in 1993? <i>Tragic Kingdom</i></p>
I Like It I Love It	Tim McGraw	<p>What is the name of Tim McGraw's father, who was known as a famous Philadelphia Phillies player? <i>Tug McGraw</i></p> <p>What is the name of Tim McGraw's wife, who is also a famous country singer? <i>Faith Hill</i></p>
I Like to Move It	Reel 2 Real (artist), Madagascar (Motion Picture)	<p>Did you know? Reel 2 Real was a reggae band famous for their song I Like to Move It in the 1990's. However, the song only reached #85 on the Billboard Hot 100 charts in America. It was a bigger hit in England, hitting #5 on the charts. The song was later used for the children's movie Madagascar (2005).</p> <p>In Madagascar, who hijacks the ship that was en route to Africa? <i>A gang of Penguins</i></p>
Ice Cream Freeze	Hannah Montana (Miley Cyrus)	<p>What actress/singer played Hannah Montana for the television show? <i>Miley Cyrus</i></p> <p>What color hair was Hannah Montana known for in the show? <i>Blonde – Miley wore a blonde wig when portraying Hannah. Her actual hair color is brown.</i></p>
If I Die Young	The Band Perry	<p>How are all of the members of The Band Perry related? <i>They are all siblings</i></p> <p>The Band Perry played at the pre-game show for which big sporting event in 2014? <i>The Superbowl</i></p>

Song	Artist	Trivia
In da Club	50 Cent	<p>What is 50 Cent's real name? <i>Curtis Jackson</i></p> <p>What was the name of 50 Cent's debut album? <i>Get Rich or Die Tryin' – Did you know that it was produced by Eminem and Dre?</i></p>
Mahna Mahna	The Muppets	<p>Name at least three of the Muppet Movies. <i>The Muppet Movie, The Muppets Take Manhattan, The Great Muppet Caper, The Jim Henson Hour, The Muppet's Christmas Carol, The Muppet's Treasure Island, The Muppets, The Muppet's Most Wanted, etc.</i></p> <p>Name at least two of the shows that the Muppets starred in. <i>The Muppet Show, Muppet Babies, Fraggle Rock, Sesame Street</i></p>
Mean	Taylor Swift	<p>Where was Taylor Swift born? <i>Reading, PA, she grew up on a Christmas tree farm in Montgomery County.</i></p> <p>Taylor is well known for writing songs about which subject matter? <i>Her current and past relationships</i></p>
Rock Your Body	Justin Timberlake	<p>Justin Timberlake got his start on which Disney show in the 1990's? <i>The Mickey Mouse Club</i></p> <p>What was the name of the boy band where Justin got his musical start? <i>N*Sync</i></p>
SOS	Rihanna	<p>Rihanna is actually her middle name. What is her first name? <i>Robyn</i></p> <p>What country is Rihanna from? <i>Barbados</i></p>
Superstition	Stevie Wonder	<p>In 1989, Stevie Wonder was inducted into which famous Rock and Roll museum? <i>The Rock &amp; Roll Hall of Fame</i></p> <p>In 1973, Stevie won what kind of award for Superstition? <i>A Grammy for Best Rhythm &amp; Blues Song</i></p>