

# Functional Music Therapy Skills Drills

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[www.ImaMusicTherapist.com](http://www.ImaMusicTherapist.com)

- Can you name the lowest and highest notes you can reliably sing?
- Can you choose the most appropriate key to fit your voice for a song once you know the melody's lowest and highest notes?
- Can you sing the starting phrase of a song in any given key?
- Can you sing the starting phrase of a song when you hear the I-V-I chord progression?
- Can you sing the starting phrase of a song when you just hear the tonic chord?
- Can you sing the starting phrase of a song when you hear just the tonic chord of three different keys in a row?
- Can you sing a song a capella and then immediately sing it a little higher or lower?
- Can you sing a song a capella and perform body percussion simultaneously?
- Can you sing a harmonic line and stay in tune while someone else is singing the melody?
- If you know a song's melody and that it has only I-IV-V chords, can you sing/accompany yourself and play the chord progression by ear?
- Can you play the melody of a known tune on piano/guitar?
- Can you sing with different vocal timbres:
  - Straight tone/vibrato
  - Bright/dark
- Can you perform a basic beatbox rhythm?
- Can you freestyle a short rap?
- Can you figure out the chord names when you play a barre chord on the 1st/2nd/3rd/4th fret?
- Can you change your strum accompaniment pattern mid-song?

- Can you perform several guitar accompaniment patterns while talking about something completely random?
- Can you switch between playing in duple/triple meter accompaniment at will?
- Can you tune an autoharp?
- Can you tune a ukulele?
- Can you perform a song on guitar while:
  - Seated
  - Standing
  - Weight shifting
  - Marching
    - Forwards
    - Backwards
- Can you perform a song on piano while:
  - Seated
  - Standing
  - Weight shifting
  - Marching
- Can you perform a song on autoharp while:
  - Seated
  - Standing
  - Weight shifting
  - Marching
    - Forwards
    - Backwards
- Can you change the strings on a guitar
  - Steel strings
  - Nylon strings
- Can you correctly name a variety of percussion instruments and the instrument's country of origin?
- Can you non-verbally conduct drummers to:
  - Start
  - Stop
  - Keep going
  - Rumble
  - Play louder
  - Play softer

Change the tempo

Can you say the following phrases in Spanish/another language common in your area?

Hello

I'm a music therapist

My name is \_\_\_\_\_.

Music therapy uses music to help with health problems

What is your name?

This is a \_\_\_\_\_.

Play (the instrument) with me!

Let's play together

Drum

Piano

Guitar

Louder

Quieter

Faster

Slower

More

Less

Begin

Stop

Please

Thank you

Thank you for playing with me

You're welcome

I enjoyed making music with you

I'm sorry

I don't understand

Show me

Can you say that again?

What music do you like?

What singers do you like?

What bands do you like?

What songs do you like?

Where are you from?

I'll get someone else to help

How are you feeling?

Happy, Sad, Tired, Fine, Bored, Angry, Surprised

Are you comfortable?

Are you in pain?

What do you need?

Who is here with you?