

Two Music Games to Use In Your Sessions This Week

Miranda Rex, MA, MT-BC
Heart and Harmony Music Therapy

MusicMan

1. Draw a stick figure at a microphone OR a word bank.
2. Choose a song title and draw the appropriate number of blanks on the board
3. Allow each client to have a turn guessing a letter
4. Continue until all of the letters are filled in or until clients guess the title
5. Once the title has been guessed, listen to about a minute of the song

Musical Scattergories

1. Distribute sheets of paper with the entire alphabet A-Z
2. Give clients a musical topic and prompt to fill out entire alphabet
3. Give clients 2-3 minutes to complete the sheet, using a background song as a timer
4. Go through everyone's answers as a group
5. Cross out answers given by multiple clients - only unique answers get points!

Debriefing after each game:

1. What was that experience like?
2. How did it feel to be put on the spot?
3. How did you work through it? Do you do the same things in real life?
4. Talk about how well everyone worked as a group, intentionally or not, and talk about how getting assistance from others can be very helpful to us



miranda@heartandharmony.com
www.heartandharmony.com

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____