I Want to Participate In...

Music Lessons

Name: ___________________________  Age: __________

My goal(s) for music lessons

I would like to:

□ learn to enjoy and appreciate music
□ learn to be comfortable with an instrument
□ learn to be comfortable with performing in front of others
□ learn to read notes/music
□ build my confidence
□ _________________________________________________________
□ _________________________________________________________
□ _________________________________________________________

What I already know about music:

__________________________________________________________
__________________________________________________________
__________________________________________________________

On a scale from 1 to 10, I would rate my comfort level with music lessons as:

1  2  3  4  5  6  7  8  9  10
Not at all Somewhat Extremely comfortable comfortable comfortable

Things that may make it challenging for me to participate in music lessons:

□ managing the noise in the music room
□ leaving parent/caregiver and joining music teacher in the class
□ listening to instructions
□ following instructions
□ being easily frustrated when learning to play a new instrument
□ coordinating eyes and hands when learning to play a new instrument
□ establishing/following a regular practice routine
□ _________________________________________________________
□ _________________________________________________________
You can help me to participate successfully in music lessons by thinking about:

The way you interact with me:

- giving me short, simple, step-by-step instructions
- giving me more time to understand you
- using pictures to show me what you would like me to do
- showing me how to do the activity while using words to describe it
- praising me when I make progress
- giving me hand-over-hand assistance
- giving me clear and specific feedback about my performance
- ______________________________________________________________________________________

The activity:

- breaking down skills into smaller steps and teaching me one step at a time
- giving me frequent breaks
- changing the structure of the activity
- shortening the length of the activity
- relaxing the rules (if this is possible)
- modifying or adapting the equipment
- ______________________________________________________________________________________

The environment:

- providing a support person to assist me
- giving me more room to maneuver my wheelchair or walker
- providing a quiet corner for me to calm down if things get overwhelming
- changing the setting where the activity happens
- pairing me up with another peer in the class
- placing me in a smaller class
- asking me about where the best place is for me to sit so that I can see and hear well
- ______________________________________________________________________________________

A Resource from CanChild’s Participation Knowledge Hub