



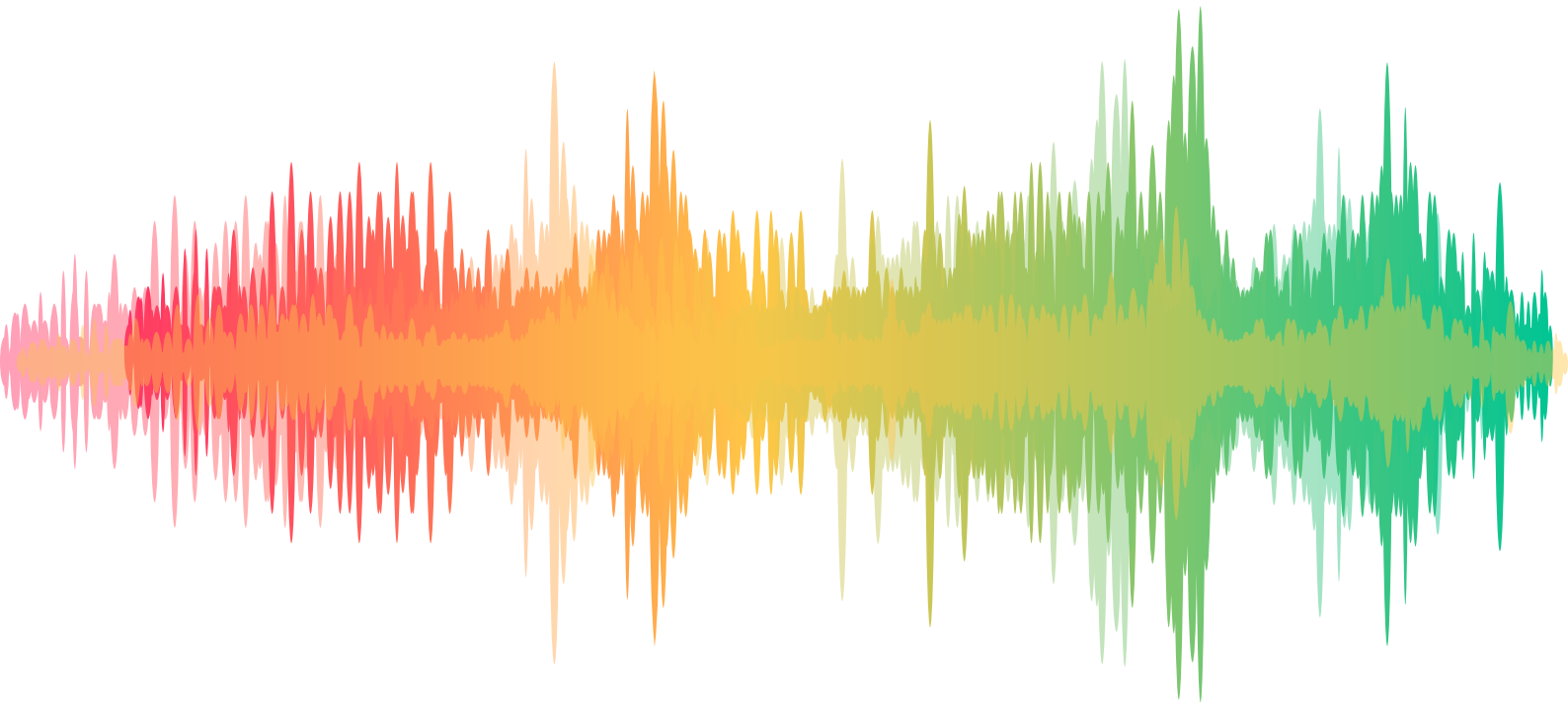
MULTICAP[®]

HIGH NEEDS DISABILITY SUPPORT

all ways.always

Centre of Creative Arts

Creative Music and Sound



Creative Music and Sound



THE ACTIVITY

The Centre of Creative Arts (COCA) Creative Music and Sound module is a series of 12 sessions that will assist you to discover your connection with rhythm, pulse and beat in a fun and supportive environment.

These sessions will be offered for 6 hours one day a week at your Community Hub.

The first 12 weeks is the Creative Music and Sound Primary Elective, where you will experiment and learn techniques in:

- Listening to music and soundscapes
- Creating sounds and noise using voice
- Using voice as an instrument in a group
- Percussing with the body as an instrument
- Experiencing pulse, beat and rhythm
- Using a variety of objects to create sound and rhythm
- Recording individual rhythms and looping tracks
- Creating noises and soundscapes as a group
- Exploring sensory elements of traditional instruments
- Creating movement through music, sound and rhythm
- Experiment with improvisation

At the end of the 12 weeks, you will have experience in:

- Working as a group
- Recording three tracks with the group
- Experimenting with sound and noise
- Creating a group video
- Editing and completing a recording for families



BENEFITS

- Assisting functional therapeutic goals
- Cognitive stimulation
- Memory development
- Appreciation of rhythm and timing
- Emotion regulation
- Development of a vocal range
- Experimenting with a sound arrangement
- Develop a sense of belonging
- Working as a group / collaborating and communicating with others
- Build confidence / self – expression



MORE INFORMATION

For more information talk to your Multicap Hub Service Leader, call 1300 135 886 or email coca@multicap.org.au



MULTICAP[®]

HIGH NEEDS DISABILITY SUPPORT

all ways.always