



# THERAPEUTIC MODEL FOR PARTNER SCHOOLS: BUDDY BAND

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## **GRADES:**

PreK and up

## **TIME:**

During or after school

## **FREQUENCY:**

1-2 times per week for 30-60 minutes

## **PRICING:**

\$235 per hour

## **TYPICAL PROGRAM DURATION:**

6 - 15 weeks

## **➤ ABOUT BUDDY BAND**

Buddy Band is an inclusive, musical group that aims to break down barriers by bringing children with and without disabilities together to make music and to form friendships. Each week, Buddies work not only on learning the basic foundations of music-making, but on relationship-building skills and social skills. Participants are encouraged to learn about each other and support each other through fun, engaging musical activities and diverse repertoire. Each meeting is led by two professionals, at least one of whom is a board-certified music therapist (with the exception of PreK Buddy Band, which may be led by one ChiME music therapist). Therapeutic adaptations of musical and nonmusical instruction are utilized to ensure all participants are successful. Buddy Band aims for collaborative musical learning, deep social- and relationship-building skill work, and a true sense of inclusive communities.

### **Please note:**

Buddy Band scheduling can be flexible based on the school or organization's needs. For example, the program has been effectively implemented as a week-to-week offering, but also as a "special event" offering in preparation for a larger performance event, where students met for 3 hours total in preparation. ChiME will work closely with schools and organizations to structure a Buddy Band program that works with various schedules and serves the inclusive nature of the program.



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## ➤ PARTICIPANT OUTCOMES IN BUDDY BAND

Buddy Band encourages both musical and nonmusical growth in participants. Depending on group size, ChiME's Buddy Band leaders will develop either individual goals for each participant or larger group goals. Goals will vary greatly from group to group, as they are written specifically for each group population in mind, and will take into account ages, ability levels, and most appropriate areas for growth.

### Musical Goals:

Buddy Band may target growth in the areas of:

- steady beat
- melodic and/or rhythmic patterns
- singing and pitch matching
- knowledge of basic music theory
- understanding and appreciation of diverse genres
- performance skills

### Nonmusical Goals:

Buddy Band may target growth in the areas of:

- use of or understanding of multi-modal communication skills (verbal, American Sign Language, AAC devices, and more)
- social skills rooted in neurodiversity-affirming practices
- cognitive skills
- behavioral/emotional skills
- fine and gross motor skills
- academic skills
- understanding and appreciation of diversity

The final result of Buddy Band program is a performance in which participants show their family, friends, and community the work of their newly-developed band.