

# *THE MONTHLY BEAT*

SMALL STEPS MUSIC LLC MONTHLY NEWSLETTER

APRIL 2020



## **Student Spotlight**

**Name:** Katie Petersen

**Favorite song:** anything from the Disney movie "The Descendents", but I like to sing "Rotten to the Core" the most

**Interesting Fact:** Katie watches Wheel of Fortune with her family while eating dinner

**Instruments learning:** Piano and Guitar

**Why do you enjoy coming to Small Steps**

**Music LLC? :** Katie likes learning songs she hears on her iPad and the teachers she works with

## **Welcome!**

**Our monthly newsletter will include updates, fun activities, birthday shoutouts, student, spotlight, and more!**

Hand it up on the fridge. Keep it on your Facebook timeline. This newsletter contains ideas and information which you and your family can benefit from by having one place to find out what is going on . No need for sifting through emails to find out what is occurring when.

Any information you feel is important to include, please let us know, as we want to make this newsletter helpful for all!



**small steps  
music**

# How can you make telehealth sessions helpful for all?

First, we want to thank you for working with us during this time of uncertainty.

Here are some tips that we want you all to remember when working during a telehealth session.

1. **Make sure your space is free of distractions.**

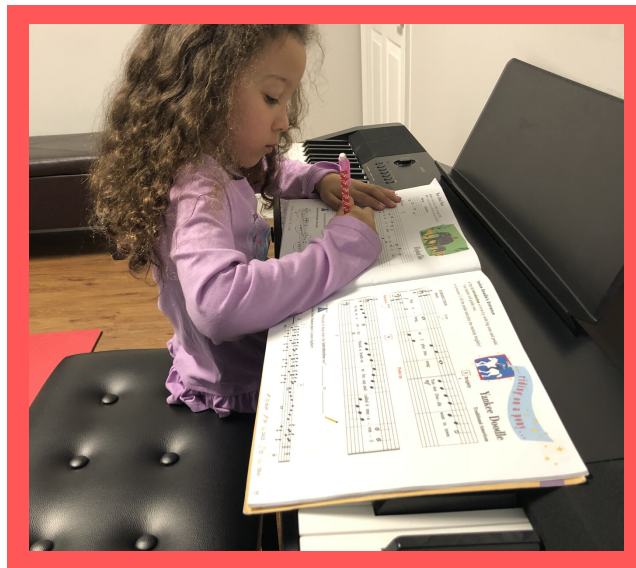
Whether it be sitting in a chair or on the ground, all session materials should be next to your session space.

2. **All required paperwork should be filled out.** We want all information to be up to date and accurate.

3. **Continue to remain in a positive mindset** during sessions. We understand there is a lot going on in the world, however we want our time to be filled with fun and positivity. Keep in mind we are all trying our best!

4. **Screen sharing** can allow visuals and music to be shared between therapist/ instructor and client. Sharing information occurs when YOU allow it, as we cannot share without your permission.

5. Remember to **keep these songs going!** We will be producing playlists for you all to listen to each week and we will include them in our sessions. Our playlists will be available to all, so give it a listen when playing games, cleaning the house, or in the background during other work!



*Music expresses that which cannot be said and on which it is impossible to be silent- Victor Hugo*

## How to make your own egg shakers:

Materials needed:

- plastic eggs
- rice
- tape/ hot glue
- items for decoration
- spoons (optional)

1. Open plastic egg and fill one side almost full with rice
2. Close plastic egg and seal shut with hot glue or tape
3. Optional: if you would like you can tape two spoons opposite of each other with the egg in the center (this can make a maraca)
4. Decorate with stickers, glitter glue, more tape, paint, etc!
5. Find our playlist on Youtube and shake along to our songs!

LINK: <https://www.wikihow.com/Make-an-Egg-Shaker>  
or

<https://www.letsplaykidsmusic.com/homemade-musical-instruments-shakers-maracas/>

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