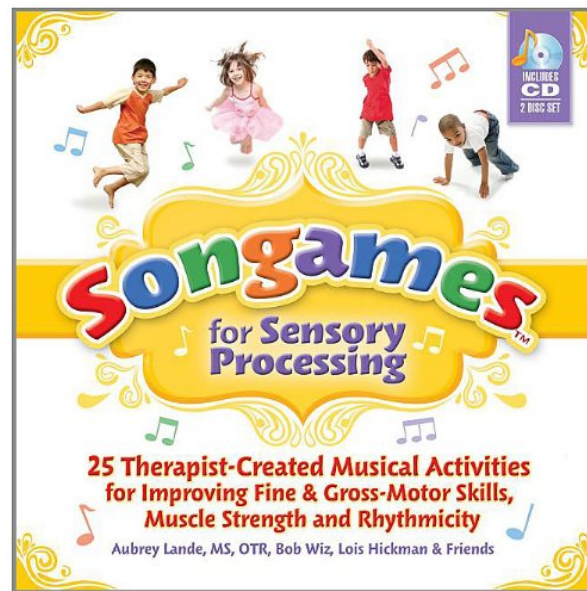


# Songames for Sensory Processing

Aubrey Lande, MS, OTR, Bob Wiz, Lois Hickman & Friends

Book Review by Chelsea Kuddes



This book has helpful songs and activities for all students, but especially for any students who may need some extra support with sensory processing. It contains games that are fun and engaging, chants and songs to help children to calm, soothe, reflect, and remember certain things, as well as songs and activities that help with transitions. Both CDs are included, and the book has descriptions for how each track may be used, as well as variations that can be done.

Many of the songs and activities would work well for younger children, as some can be quite silly. The therapeutic outcomes are evident when used as they fit the needs of your students. For instance, I use the song "Sweet Life" from CD 1 often times with my students while doing the Yoga Pretzel cards. Any time they hear the music come on, they know it is time to calm down and refocus. I have also used "A Waiting Game" from CD 1 as a listening activity. Students know when it comes on that we are working on our listening skills. It is a great addition to any music teacher's library, but especially useful if you work with any students who may require extra sensory support.