

## Common Music Therapy Instruments List

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- + Rhythm Tech Cabasa
  - + Plastic or Wood Egg Shakers
  - + Meditation Trio Chime
  - + Autoharp
  - + Piano Keyboard
  - + iPad Apps such as Dust Busters
  - + [TreehouseKidsMusicalLearning.com](http://TreehouseKidsMusicalLearning.com)
  - + Rhythm Sticks
  - + Guitar & other stringed instruments
  - + Zenergy Chime
  - + Mason Hill Musci Gourd Kalimba Thumb Piano
  - + Maraca
  - + Arcraft Tibetan Singing Bowls
  - + Harmonica
  - + Kazoo
  - + Boomwhackers
  - + Music Glove (esp. good for stroke hand recovery)
  - + Adapted instruments
  - + Rhythm Band Instruments
  - + Handpan Tongue Drum

Music instruments used for fine motor, activity tolerance, visual-motor, and visual-perceptual skills are surprisingly successful due to the fact that the brain is stimulated the most with auditory sensory input.

Note: There are other games that incorporate musical elements that can be purchased such as Mr. Simon.