

## Structured Listening Albums 结构化聆听专辑

Structured Listening Albums contain all the elements of music. They support the quiet-alert state and can be used to enhance regulation. They also can have a positive impact on attention and focus and can assist in blocking out background noise. These albums are less intense than modified albums, so they can be used for sensitive individuals prior to starting a modulated program. Structured Listening albums can be used with headphones to manage background distractions and to support fine motor and gross visual-motor activities.

结构化聆听专辑包括所有的音乐元素。它们支持安静-警觉状态并可以用来增强调节。它们也可以为注意力和专注力带来积极的影响，可以帮助抵挡背景噪音。这些专辑不如调控专辑那样剧烈，因此它们可以在开始调控项目前对敏感的个人使用。结构化聆听专辑可以使用耳机来管理背景干扰因素，来支持精细运动和大视觉-运动活动。

Album Title 专辑名称	Elements of Music 音乐元素	Clinical Applications 临床应用
<b>Bach for Modulation</b> 巴赫调节	<b>Concertos</b> Violin, cello, harpsichord, orchestra Intricate melodic structure seamlessly integrated together Weaves between fast and slow tempos 协奏曲 小提琴，大提琴，拨弦古钢琴，管弦乐队 复杂的旋律结构无痕融入彼此 快慢速交织	Attention Focus Quiet, alert state for academics and learning Handwriting groups/classroom listening Suck/swallow/breath synchrony 注意力 专注力 学业和学习所需的安静，警觉状态 笔迹分组/教室聆听 吮吸/吞咽/呼吸同步
<b>Baroque for Modulation</b> 巴洛克调节	<b>Chamber orchestra and flute</b> Simple to complex melodies Fast-slow-fast tempo Rich in overtones while maintaining definitive bass line 室内管弦乐和长笛 从简单到复杂的旋律 快—慢—快的音速 泛音丰富而保持限定性的低音线	Attention Focus Quiet, alert state for academics and learning Handwriting groups/classroom listening Suck/swallow/breath synchrony 注意力 专注力 学业和学习所需的安静，警觉状态 笔迹分组/教室聆听 吮吸/吞咽/呼吸同步

<p>Gregorian Anthology 格列高利选集</p>	<p>Chant master and group Voice contains frequencies of voice spectrum from 70 to 9000 Hz No tempo, only rhythm Biological rhythm of slowest possible breath rate Simple, mundane melodic structure Sense of vertical structure captured by tones ranging from low to high 圣咏主唱和团体 声音包含70-9000赫兹的声音频谱 没有节拍，只有节奏 地球上可能存在的最慢生物节奏 简单，世俗的旋律结构 垂直结构感被从低到高的音色所捕捉</p>	<p>Body organization Sensory modulation 身体组织 感觉调控</p>
<p>Mozart for Modulation 莫扎特调节</p>	<p>Piano, flute, and orchestra Inherent dialogue within music with conversational call and response Simple melodies weaved together in storyline-type structure Instrumentation provides foreground (focal), while accompaniment provides background (ambient) 钢琴，长笛，和管弦乐队 音乐内部固有的对话和对话性的呼唤和回应 简单的旋律与故事线般的结构相交织 乐器演奏提供前景（焦点），而伴奏提供背景（周围）</p>	<p>Regulation Communication Engagement Social turn-taking Affect Academics 调节 交流 参与 社交轮换 感受 学业</p>
<p>More Mozart for Modulation 莫扎特再调节</p>	<p>Concertos featuring piano, violin, flute, harp, and cello Arrhythmic phrases in rhythmic fashion Melodies weaved together in storyline-type structure More complex and more emotional tone 协奏曲突出钢琴、小提琴、长笛、竖琴和大提琴 节奏性风格中的无节奏阶段 旋律与故事线般的结构相交织 更复杂，更具情感的银色</p>	<p>Regulation Communication Engagement Social turn-taking 调节 交流 参与 社交轮换</p>

Album Title 专辑名称	Elements of Music 音乐元素	Clinical Applications 临床应用
<p>More Mozart for Modulation (cont.) 莫扎特再调节 (续)</p>	<p>Concertos featuring piano, violin, flute, harp, and cello Arrhythmic phrases in rhythmic fashion Melodies weaved together in storyline-type structure More complex and more emotional tone 协奏曲突出钢琴、小提琴、长笛、竖琴和大提琴 节奏性风格中的无节奏阶段 旋律与故事线般的结构相交织 更复杂, 更具情感的银色</p>	<p>Regulation Communication Engagement Social turn-taking Affect Attention 调节 交流 参与 社交轮换 情感 注意力</p>
<p>Mozart Winds 莫扎特风声</p>	<p>Clarinets, oboes, basset horns, bassoon, &amp; double bass Varied rhythms from slow to lively Lyrical melodic structure Rich in harmonics 单簧管, 双簧管, 巴塞管, 巴松, 低音提琴 从慢速到活泼的各种节奏 抒情的旋律结构 和声丰富</p>	<p>Regulation Communication Engagement Social turn-taking Affect Academics 调节 交流 参与 社交轮换 情感 学业</p>
<p>Vivaldi for Modulation 维瓦尔第调节</p>	<p>Concerto and full orchestra 奏鸣曲和管弦乐</p>	<p>Regulation Communication Engagement Social turn-taking Affect Academics 调节 交流 参与 社交轮换 情感 学业</p>