

## Structured Listening Albums

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.

Album Title	Elements of Music	Clinical Applications
Bach for Modulation	Concertos Violin, cello, harpsichord, orchestra Intricate melodic structure seamlessly integrated together Weaves between fast and slow tempos	Attention Focus Quiet, alert state for academics and learning Handwriting groups/classroom listening Suck/swallow/breath synchrony
Baroque for Modulation	Chamber orchestra and flute Simple to complex melodies Fast-slow-fast tempo Rich in overtones while maintaining definitive bass line	Attention Focus Quiet, alert state for academics and learning Handwriting groups/classroom listening Suck/swallow/breath synchrony
Gregorian Anthology	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	Body organization Sensory modulation
Mozart for Modulation	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)	Regulation Communication Engagement Social turn-taking Affect Academics
More Mozart for Modulation	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	Regulation Communication Engagement Social turn-taking

Album Title	Elements of Music	Clinical Applications
More Mozart for Modulation (cont.)	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	Regulation Communication Engagement Social turn-taking Affect Attention
Mozart Winds	Clarinets, oboes, basset horns, bassoon, & double bass Varied rhythms from slow to lively Lyrical melodic structure Rich in harmonics	Regulation Communication Engagement Social turn-taking Affect Academics
Vivaldi for Modulation	Concerto and full orchestra	Regulation Communication Engagement Social turn-taking Affect Academics