

“Jamming on the Job”

Episode 11: Music Therapist

[PBS KIDS music]

PBS KIDS Announcer: From your friends at PBS KIDS.

[a tour bus zooming down the open road]

Andrés: Vamos amigos, it's time to go.

Christina: Get ready BoomBox, we have a show.

[Music: Jamming on the Job theme song]

Christina, Andrés, and BoomBox: (singing)

Jamming on the Job

Ja, Jamming

Jamming on the Job

Wooh Ooh

I'm Christina,

Y yo soy Andrés

And we play music

All over the states

We jam and learn

With people who

Work in jobs

They love to do!

If we get stuck

Or something goes wrong

An expert helps us
And we write a song!

[BoomBox beats]
Hey...Go BoomBox...¡Vamos!

Jamming on the Job
Ja, Jamming
Jamming on the Job
Wooh Ooh

[books being flipped through, checked out]

Andrés: (whispering) ¡Hola Jam Fam! And welcome to a very cool library in Providence, Rhode Island!

BoomBox: (whisper singing) PROVIDENCE RHODE I-I-I-ISLAND!

Christina: (whispering) This is where BoomBox, Andrés and I are playing our show today. Right now we have to be quiet, but later at our show we'll get to make (shouting) a lot of noise!!

Librarian: Shhh! This is a library!

Christina: (whispering) Oh! Sorry!

Andrés: (whispering) ¡Perdón! (laughs nervously) Libraries ARE quiet places, but there are still a lot of amazing little sounds: the books...

Christina: the computers...

Andrés: all the people reading...

Christina: Could you record them, BoomBox?

BoomBox: RECORDING.

[computer keys clicking, pages turning, chairs squeaking, etc.]

BoomBox: SAMPLES RECORDED!

Andrés: (whispering) ¡Excelente, BoomBox! Now let's go down the hallway.

[footsteps in hallway]

Andrés: ¡Y ya llegamos! We're going to play our show in this auditorium right here!

[doors opening, sound echoing]

Andrés: Hey Christina, it looks like the stage is just about ready for us!

Christina: Right! Our show... Well, uh, I'll just need that sneaker...

Andrés: A sneaker? Uh, ok... (grunting) Here you go...

Christina: Ooh ooh oh! Gosh. No, sorry, I meant the SPEAKER, not the SNEAKER! (sighs)

Andrés: That makes more sense! No problem, here it is!

Christina: Thanks. And uh, now, can you pass me the table?

Andrés: Uh, ok... (grunting)

Christina: Wait! Wait! Ughhh! No! I meant that CABLE, not the TABLE!

Andrés: Well that's okay!

Christina: Well I'm not FEELING okay! I just keep making mistakes and mistakes. (sighs)

Andrés: ¡No hay problema! We all make mistakes. It's how we learn! The important thing is to believe in yourself!

BoomBox: BELIEVE IN YOURSELF!

Christina: Thanks, but I'm having a lot of trouble believing in myself after what happened at our last show.

Andrés: What do you mean, "What happened at our last show?"

Christina: (sighs) I meant to say, "My name's Christina, and here's a song about chickens!" But what I SAID was... (groans) BoomBox, can you play it back?

BoomBox: PLAY IT BACK!

[rewinding]

Christina: (in recording) My name is Chickens, and here's a song about Christina!

[laughter]

Christina: (in recording) Oh no no no! I mean, my name is Song, and here's a chicken! – I mean...

[laughter, fastforwarding]

Christina: Everybody was laughing, and I felt so embarrassed and just... BAD about myself!

Andrés: Oh! I thought you did that on purpose!

Christina: Well I didn't mean to! And now I'm so nervous, I keep mixing up my words even more... (sighs) I just don't know if I can play another show.

Andrés: Hmm. How about you and BoomBox and I go for a little walk to talk about it? Providence is very beautiful! And... they have more donut shops per person than any city in the US! [Christina: Umm..] Lots and lots and LOTS of donut shops!

BoomBox: LOTS AND LOTS AND LOTS OF DONUT SHOPS, YUMMY YUMMY YUM!

Christina: Uh, okay...

Andrés: Let's bring a few instruments so we can warm up while we're out! My guitar, your ukulele... BoomBox will help, of course.

BoomBox: OF COURSE!

[doors opening, walking outside, walking into donut shop]

Andrés: Hey! ¡Miren! We're already at a donut shop!

Cashier: Welcome! What would you like to order?

Andrés: Hello (laughs)... A ver... How about... Oh! That beautiful, golden brown, [Cashier: Mmhmm.] powdered-sugar-dusted, magnificent jelly donut! Ahem!

Cashier: Mmm. Nice choice, and you?

Andrés: Christina, what would you like?

Christina: Okay, um, I'll also jelly an order... I mean... No no no. I mean [Cashier: Umm...] , jelly will also order me... I mean... No no no! [Cashier:

Uh...] I can't even order a donut, I'm too nervous! How am I gonna play a whole show?! Oh no, oh no, oh no!

[footsteps, door jingling]

Andrés: Ay, there she goes... Christina, wait up!

Andrés: Thanks for the beautiful donut, you can keep the change, gracias!

Cashier: Uh, okay... thanks?

[door jingling, rolling cart approaching]

Andrés: Hey Christina, ¡cuidado! You're heading right for that person's...

Joni: Look out!

[instruments falling and crashing]

Andrés: Cart... Too late.

Christina: Oh no! Oh, lo siento, I am so, so sorry! I keep making mistakes today.

Joni: (laughs) That's okay! We all make mistakes!

Christina: (sighs) Oh, but I feel like ALL I do is make mistakes. (sighs) Here, I can help you put those instruments back on your cart.

Joni: Oh, thank you! I appreciate that. Thank you...

[instruments being replaced.]

Andrés: These are a LOT of instruments! Do you play all of them, at the same time?

Joni: No! But now I kinda want to try! I'm actually bringing them back from an elementary school. I was doing some music therapy with some amazing kids. I'm a music therapist!

Andrés: Oh, a music therapist! I went to a therapist after my abuela died. But I've never heard of a music therapist before.

Joni: Oh, I'm so sorry about your abuela.

Andrés: Gracias. It was really hard, [Christina: Aw.] but my therapist helped me talk through a lot of my feelings.

Joni: Well, music therapists can help people with their feelings too. But we do it with music!

Christina: Really?

Andrés: We love music! We're musicians, and we're here to play a show at the library!

Christina: Mm-hmm!

Joni: Aww, musicians! Okay! It's good to meet you! I'm Joni.

Andrés: I'm Andrés, that's Christina [Christina: ¡Hola!] and this is BoomBox!

BoomBox: BOOM B-BOOM BOOM BOOM B-BOOMBOX!

Christina: Uh-huh! And we also have our Jam Fam. They're the podcasts of our listeners. I mean, no, no! They're the listeners of our podcast! Ugh. I keep mixing up my words!

Andrés: Christina is having a pretty hard day today.

Joni: Ah, I'm sorry to hear that! Maybe I can help! [Andrés: Huh!] If you don't mind sharing, can I ask, what's going on?

Christina: Well, I mixed up some words at our last show, and people laughed at me. [Joni: Mmm...] Ever since then, I keep mixing up my words, and making all kinds of mistakes, like... knocking your cart over. And it makes me feel really nervous about the show we're doing today, and, and just, really bad about myself. I just don't know if I can do it.

Joni: (sighs) Thank you for sharing that, Christina. That's a really tough way to feel. You know, I do have some fun musical activities that help my patients when they're feeling bad about themselves. Maybe they could help you feel better? Mm? What do you think?

Christina: Oh, maybe!

Andrés: Ooh! Joni, we love meeting people and learning about their jobs! Maybe you could show us what you do for your job, and help Christina believe in herself!

BoomBox: BELIEVE IN YOURSELF, BELIEVE IN YOURSELF!

Joni: Sure! I'd love to!

Christina: Really? Well thank you! That would be so nice!

Andrés: Jam Fam, we've got a job to jam on!

BoomBox: WE'VE GOT A JOB TO JAM ON! WE'VE GOT A JOB, WE'VE GOT A JOB... JAM!

[birds chirping]

Joni: Why don't we sit right here in the park? I have a picnic blanket...

Andrés: And I've got a donut... [Joni laughs] to share with everyone, I guess! I can always get another one later. (laughs)

[different instruments making sound]

Joni: And it looks like between the three of us, we have a LOT of instruments! [Christina: Oooh, so many!] Are you seeing this? Or, should I say, hearing this?

Andrés: Yeah!

Christina: Ooh, what's this one?

Joni: Ooh, this toy piano might be my favorite!

Christina: Oh, fun!

[toy piano playing]

Andrés: Have you ever played a musical instrument, Jam Fam?

[toy piano playing]

Joni: Okay! This is great! I love helping people. It's a big part of why I started doing this job.

Andrés: I'm curious: How did you become a music therapist?

Joni: Well, so, I was a musician first. I played piano as a kid.

[toy piano playing "Twinkle Twinkle Little Star"]

Christina and Andrés: Aww...

Joni: And then I played piano for my job, in a jazz band.

[toy piano playing jazzy riff]

Christina: Oooh...

Andrés: Cool!

Joni: And I, I really loved playing music. But I also loved science class, where we studied brains, and how people learn. And so, okay, one day I was with my little niece, Hazel, and she was just learning how to walk. [Christina: (gasps) Awww...] And she was getting frustrated, because she kept falling over... But I started playing music when she walked, like this: [Andrés: Mm-hmm] Left foot...

[toy piano ding]

Joni: Right foot!

[toy piano dings continue]

Joni: Left foot! Right foot! Left foot! Right foot! Etcetera.

Joni: And then when she would fall over, I would do this:

[toy piano descending glissando]

Joni: [Christina laughs] Okay so then an amazing thing happened. [Christina: Uh-huh...] She started laughing, which is great, [Andrés: Huh!] and she kept trying, and soon... she started walking! [Christina gasps; Andrés: Wow!] So that's when I saw that music can be a tool to help people with their challenges, and I, I just knew I wanted to be a music therapist!

Christina: Oh, that's amazing!

Joni: I know, it is amazing! [Andrés: Mm-hmm!] I use music as a tool to help my patients with a body challenge they're dealing with, like learning to walk, or a mind challenge, like learning to believe in yourself.

BoomBox: BELIEVE IN YOURSELF!

Christina: Huh! That's so cool. I've been having a really hard time believing in myself today. Do you think music therapy could help me?

Joni: In fact, I do! I do, I got you. Uh, let's see, I might start with something like...

[rustling through instruments]

Joni: ...Ah, this! Do you hear this accordion?

[accordion playing]

Christina: Uh-huh!

Andrés: ¡Sí, un acordeón!

Joni: And you see how it scrunches up SUPER tight? [Andrés: Mm-hmm!] Let's see if we can scrunch up super tight like that. [Christina and Andrés: Mmm... okay!] So lift up your shoulders, and squeeze your arms into your sides.

Andrés: Scrunch up with us, Jam Fam!

Joni: And now breathe out as we relax our arms and open our bodies.

[accordion playing, everyone breathing out]

Christina: Wooh, that felt great! Can we do it again?

Joni: Yes! Let's definitely do it again. So breathe in and scrunch up....

[accordion playing]

Andrés: ¡Otra vez!

Joni: And... breathe out and relax!

[accordion playing, everyone breathing out]

Joni: Ah! Nice!

Andrés: ¡Muy bien, Jam Fam!

[accordion playing]

Joni: Alright, how are you feeling now, Christina?

Christina: A little better! A little less nervous about the show tonight at least. Wait – did all that happen just from pretending to be an accordion?

Joni: Sort of! What you just did was some deep breathing! [Andrés: Huh!]
Breathing can help calm your mind and your body, and it can even help you start to believe in yourself!

BoomBox: BELIEVE IN YOURSELF! (sampling accordion) BELIEVE IN YOURSELF!

Joni: (laughs) Oh BoomBox, that's awesome! Oooh! You know, you might like this sampler that I use with my patients! It has a bunch of buttons, see?

[pressing buttons]

Joni: And I press them to record words... and play them back!

[playback from sampler: “and play them back!” “and play them back!”]

Andrés: Oh! Your sampler could be a friend for BoomBox!

BoomBox: SAMPLER? A FRIEND FOR BOOMBOX?

[the sampler: A friend for BoomBox!!!]

[BoomBox and the sampler get in a loop together, with a beat and music, getting quicker]

BoomBox: A A A FRIEND FOR BOOMBOX? A FRIEND? A FRIEND!

A FRIEND, A A A A FRIEND, FRIEND

FRIEND FRIEND FRIEND

A A A A FRIEND, FRIEND

FRIEND FRIEND FRIEND

A A A A FRIEND, FRIEND

FRIEND FRIEND FRIEND

A FRIEND!

Andrés: ¡Mira! ¡Son amigos!

[laughing]

Joni: Yes! That is amazing! Ooh, you know, the sampler and BoomBox both help us pay attention to what we hear. Like, like this...

[wind blowing, button pressing]

Joni: Do you hear that wind?

[button pressing, sampler playing back wind sound]

Andrés: Mm-hmm!

Christina: Oh, I do! That is so cool! You know, I've been having trouble paying attention today, but that really did help me listen to the wind.

[Christina takes a deep breath.]

Andrés: ¡Qué bien! I love that music therapy feels a lot like playing.

Joni: I think playing is one of the BEST ways to work through our feelings. In fact, when you said that you “mixed up some words” at your last show, that actually gave me an idea of a game to share with you.

Andrés: Ooooh! ¡Un juego!

Joni: So... I love to make up songs with the people I'm helping. But some people find it easier if we use a song they already know, and then change the words. [Andrés: Ok...] Like instead of singing...

(singing)

Row row your your boat

(speaking)

I could sing:

(singing)

Row, row, row your squirrel!

[laughing]

Andrés: Funny!

Christina: So, you're telling me I can get it wrong on purpose?!

Joni: Yes! Get it wrong!

Christina: But getting things wrong makes me feel so embarrassed!

Andrés: Aw, you can do it! Get it SUPER wrong! I believe in you!

Christina: (laughs) Okay, okay! I think I got one! (breathes in) (singing)
Row, row, row your... goat!

Joni: Yes! You got it! I want to see that goat rowing a boat!

Christina: Okay here's another one: (singing) Row, row, row your potato!
(laughs)

Joni: Great job! How are you feeling now, Christina?

Christina: (sighs) Well, it felt really good to make a silly mistake on purpose! It made me feel like I can make mistakes and STILL be a good singer [Joni: Mm-hmm!] and maybe... still believe in myself!

BoomBox: BELIEVE IN YOURSELF!

Joni: Yes, yes, yes, that's it! You know, we can get stuck thinking things about ourselves that aren't so helpful, like "I'm bad at this," or "I can't do it."

Christina: Yes! That's exactly what I've been thinking about myself today.

Joni: Right, exactly. And it doesn't feel so good, yeah?

Christina: No, it doesn't.

Joni: So for you, Christina, maybe we could find some words that you wish you were telling yourself.

Christina: Oh. Okay, um... well, I wish I could say, “I can do it! I believe in myself!”

BoomBox: I CAN DO IT! I BELIEVE IN MYSELF!

Joni: So... Do you think you're ready to... sing some of that message to yourself?

Christina: Oh, ok... I think so! (breathes in) Here goes...
(singing)
I can do it! I believe in myself!

[Joni and Andrés cheering]

Joni: Oh that is the stuff! [Andrés: Yeah!] Mm-hmm!

Christina: Aw, thank you.

Andrés: And, are you ready to go back to the library to play an amazing show?!

Christina: I think so! (laughs) [Joni: Great!] Actually... Hey! Joni, do you have time to come with us? I think we might even be ready to debut a new song today, about your job as a music therapist, and everything I've learned!

Joni: Really? Oh, that would be great! I would love to!

Andrés: Great! Providence Library, here we go!

BoomBox: LET'S GO TO THE LIBRARY! LET'S GO!

[transitional music playing]

Andrés: Wow! Hey! I just peeked around the curtain and it looks like a lot

of people came to the show! Super exciting!

Christina: (laughs nervously) Yeah... Super exciting...

Andrés: You can do it, Christina, ¡tú puedes! Remember: Believe in yourself!

BoomBox: BELIEVE IN YOURSELF!

[audience cheering]

Christina: (clears throat) (whispering) Hello Providence Library!

Andrés: (whispering) Hey! Remember you don't have to whisper anymore!

Christina: (whispers) Oh yeah! Okay! (speaking louder) Hello Providence Library!

[applause]

Christina: So I was having kind of a hard time this morning, everybody. I made a mistake at a concert, and it made me feel SUPER bad about myself. Have you ever felt like that before?

[affirming chatter from audience]

Christina: Yeah. But then we met someone named Joni with an incredible job: She's a music therapist! She helped me start to believe in myself again! So I'm extra excited to sing the world premiere of our new song all about her job! Ready?

[audience cheering]

Christina, Andrés, and Boombox: (singing)

La ra la, la ra la la la
La ra la, la ra la la la

Tap a drum, clap your hands
I'm a music therapist
Sing out loud, yes you can!

Keep the beat, do your best
I'm a music therapist
Close your eyes, take a breath...

A melody can heal you
A rhythm makes you move
A song has so much power
It can improve your mood!

In music therapy
We give ourselves grace
We learn from our mistakes
As we clap, sing and play

La ra la, la ra la la la
La ra la, la ra la la la

Feel the rhythm, play some games
I'm a music therapist
Move your body, let it shake!

Gotta believe in yourself
I'm a music therapist
Try it out, with confidence

We've all got feelings
Inside they're churning
We all make mistakes

'Cause we're all learning

We work through our feelings
With strategies
So grab a tambourine
For some activities!

Tap a drum, clap your hands
I'm a music therapist
Sing out loud, yes you can!

Keep the beat, do your best
I'm a music therapist
Close your eyes, take a breath...

I tap a drum, I clap my hands
I sing out loud, yes I can!

I keep the beat, I do my best
I close my eyes, I take a breath...

I can do it, I believe in myself
I can do it, I believe in myself
I can do it, I believe in myself
I can do it, I believe in myself...

SPOKEN: Phew, I feel a lot better now! Thanks for being...

(singing) my music therapist!

[applause]

Christina: Please welcome to the stage our amazing special guest, the music therapist...

Christina and Andrés: Joni!

Joni: Hi everybody! So cool to be here! Who else loved hearing BoomBox, Christina and Andrés' amazing music?

[applause, transitional music]

Christina: Oh, that felt so great! And I really couldn't have done it without Joni.

Andrés: She's so cool! And it's so great that she helped you believe in yourself, Christina!

Christina: Mm-hmm! Art can be a really powerful tool for people of any age. [Andrés: ¡Ajá!] And all kinds of art, like music, painting, drawing, writing... Art helps you describe what you're feeling on the inside, and makes you feel like you can handle anything on the outside!

Andrés: What kind of art do you like to do, Jam Fam?

Christina: Let's kick it to BoomBox to rap the credits!

Christina, Andrés, and BoomBox: (singing)

Jamming on the Job

Ja, Jamming

Jamming on the Job

Wooh Ooh

BoomBox / Pierce Freelon: (singing and rapping)

Jamming on the Job is hosted by Christina Sanabria

Andrés Salguero and Pierce Freelon

I play BoomBox

Together we wrote these songs to keep you rocking

Our music therapist Joni was played by Carly Ciarrocchi

This episode was written by Benjamin Weiner

Mixed by Terence Bernardo
Sound Editor Aaron Keane
Bruh
Produced by Isaac Klein and Dan Rinaldi
Executive Produced by David Huppert
A PBS and PRX production
With PBSNC infrastructure
Jamming on the Job is on a mission
We hope you laughed and danced and jammed and listened
And learned about a job and got some wisdom
'Cause you can do whatever you envision

Christina: Jamming on the Job is made possible by a Ready To Learn grant...

Andrés: ...from the U.S Department of Education through the Corporation for Public Broadcasting.

Christina and Andrés: ¡Hasta pronto!

[music ends]

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