

BIG SHOT

Music & Creative Arts Program

Music. Creativity. Connection. Achievement.
Adult Music Curriculum | Ages 18–64 | 12-Week Program

The Twelve-Week Curriculum

Week 1: Welcome to the Music Community

Participants build rhythm and communication skills through check-ins, name rhythms, call-and-response, and basic percussion exercises in a group setting.

Week 2: My Voice Matters

Participants practice breathing, posture, and vocal warm-ups, and use a microphone to introduce themselves.

Week 3: Instrument Discovery

Participants rotate through piano, guitar, bass, percussion, and keyboard, then choose an instrument and take part in a group jam session.

Week 4: Playing Together

Participants practice keeping a beat, following a leader, starting and stopping as a group, and taking turns leading a rhythm.

Week 5: Music and Emotional Expression

Participants listen to different styles of music, identify emotions using words, AAC, gestures, or art, and create a piece that represents a feeling.

Week 6: Songwriting

Participants brainstorm personal experiences, write or dictate lyrics, learn verse and chorus structure, and share part of an original song.

Week 7: Music Production

Participants explore beats, loops, and playback technology, build a simple beat, and record a short vocal or spoken part.

Week 8: Recording Studio

Participants practice studio etiquette, microphone technique, and recording procedures, and review their own playback with feedback.

Week 9: Stage Presence

Participants practice entering and exiting the stage, using a microphone, introducing a song, and developing individual stage presence.

Week 10: Behind the Scenes

Participants try roles such as sound assistant, music selector, greeter, and stage crew, reflecting that music-related work includes more than performing.

Week 11: Rehearsal and Leadership

Participants run parts of rehearsal, support peers, solve small problems, exchange feedback, and confirm roles for the showcase.

Week 12: Big Shot Live

Participants take part in a showcase, whether solo, in a duet, in a band, through spoken word, or in a behind-the-scenes role, followed by reflection on their progress.