

# FREE|NOTES

HARMONY PARK™

A PLAYCORE Company



White Papers | 2025

## Harmony Without Barriers: Creating Spaces That Welcome All



# Harmony Without Barriers: Creating Spaces That Welcome All

## A Universal Language of Music

Across cultures, generations, and abilities, music speaks a language everyone understands. It invites people into a shared space where connection feels natural. Freenotes Harmony Park brings this language to life with instruments that are simple to play and welcoming to all. Thoughtfully designed to remove barriers, they make musical expression attainable for everyone.

In parks, schools, or healthcare settings, these instruments turn the act of making music into moments of joy, collaboration, and belonging.

## Freenotes Harmony Park: Designed for Everyone to Play

Freenotes Harmony Park instruments are more than musical equipment. They are catalysts for connection. Developed by Grammy Award-winning musician Richard Cooke, these instruments embody the power of music to bridge differences and bring people together.

- **Always in Harmony:** Built on a pentatonic scale so every note blends beautifully and intentionally.
- **Effortless to Play:** No tuning or musical experience is required, making self-expression possible for everyone, regardless of age or ability.
- **Durable and Accessible:** Weather-ready, ergonomic, and equipped with attached mallets for ease of use, even for those with limited mobility

## The Therapeutic Power of Outdoor Music

- **Supporting Neurodiversity and Sensory Needs:** For individuals with Autism, Sensory Processing Disorders (SPD), or Dementia, certain environments can feel overwhelming. Music has been shown to ease these responses, promoting focus, participation, and relaxation.<sup>1</sup>
- **Enhancing Physical and Cognitive Skills:** Playing an instrument engages both mind and body. With Freenotes instruments, rhythmic play builds fine and gross motor skills, while the resonant tones strengthen coordination and cognitive processing.
- **Fostering Social Connection:** Designed with complementary scales, Freenotes instruments invite group play that feels natural and rewarding. The shared experience of making music together builds confidence, encourages communication, and nurtures a sense of belonging
- **Benefits for All Generations:** Freenotes instruments are not just for children. They offer significant therapeutic and social benefits for seniors. Their accessible design and engaging nature make them impactful in senior care.

---

<sup>1</sup> This claim is supported by a body of research from the American Music Therapy Association, which has found that music can significantly reduce anxiety and improve focus for individuals with sensory disorders.

## Freenotes: Proven Studies



Music therapy can reduce anxiety in individuals with sensory disorders by up to 60%, leading to improved engagement.<sup>1</sup>



Playing musical instruments can improve motor skills by up to 30% in children with developmental delays.<sup>2</sup>



Music-based activities have been shown to reduce dementia-related agitation by 50% and stimulate memory recall.<sup>3</sup>



In community music programs, 95% of participants report feeling more connected to others.<sup>4</sup>

Audience	Freenotes Instruments
Children	<ul style="list-style-type: none"><li>Builds motor skills</li><li>Boosts focus</li><li>Sparks creativity</li></ul>
Seniors	<ul style="list-style-type: none"><li>Reduces agitation</li><li>Stimulates memory</li><li>Encourages gentle movement</li></ul>
Neurodiverse Individuals	<ul style="list-style-type: none"><li>Lowers anxiety</li><li>Promotes focus</li><li>Supports positive sensory engagement</li></ul>
Rehabilitation Patients	<ul style="list-style-type: none"><li>Aids physical recovery</li><li>Improves coordination</li><li>Supports neurological health</li></ul>

<sup>2</sup> This finding comes from a 2018 study in the Neuroscience Journal and highlights music's ability to engage both hemispheres of the brain, leading to measurable improvements in motor skills for children with developmental delays.

<sup>3</sup> Research from the Alzheimer's Association demonstrates the power of music-based activities to serve as a non-pharmacological intervention for dementia, effectively reducing agitation and stimulating memory recall.

<sup>4</sup> This data is based on findings published in the International Journal of Community Music, which reports a strong correlation between participation in community music programs and increased feelings of social connection among participants.



## **Harmony in Motion: Inclusive Play**



**Wentzville, MO:** Melody Day to right of a Freenotes Harmony Park instrument (The Serenade)

### **Melody's Music Garden**

At Heritage Elementary in Wentzville, MO, student Melody Day dreamed of a playground where all children could play together. With the help of her community, she raised funds to install six Freenotes instruments. The playground now brings students of all ages and abilities together through music and play.

Freenotes instruments create a welcoming environment where every child can participate and feel connected.

## **Conclusion: Harmony Without Barriers**

Freenotes Harmony Park instruments transform outdoor spaces into places where music feels natural and everyone belongs. Designed to remove physical, cognitive, and emotional barriers, they invite people of all ages and abilities to connect through sound. Whether sparking a child's curiosity, inspiring a senior's memory recall, or bringing the community together, these instruments turn ordinary moments into shared experiences of joy, movement, and creativity.

*Because when music is open to all, harmony follows.*

### **Join the movement to bring music outdoors.**

Freenotes Harmony Park  
544 Chestnut Street  
Chattanooga, TN 37402  
[info@freenotesharmonypark.com](mailto:info@freenotesharmonypark.com)  
833-262-1569

## **References**

**American Music Therapy Association.** Music therapy and special needs. Retrieved from <https://www.musictherapy.org/>

**Alzheimer's Association. Music therapy and dementia.** Retrieved from <https://www.alz.org/>

**International Journal of Community Music.** The social impact of community music programs. Retrieved from <http://www.communitymusic.us/>

**Neuroscience Journal.** (2018). Impact of musical instrument playing on motor skills.