

Sing karaoke



Objective:

The aim of this activity is to create a fun and entertaining musical moment.

Description of the Activity:

- Choose a variety of songs. Songs from the elderly's youth can be particularly memorable.
- Gather the participants and introduce the concept of karaoke. Explain that everyone who wants will get the chance to sing. Encourage everyone to participate, even if they don't consider themselves to be singers. Create a positive and supportive atmosphere.
- Play the songs and display the lyrics on the screen.
- Encourage the participants to sing as a group or encourage individuals to take the microphone to sing solo.

What is needed to conduct the activity:

- A TV or projector
- Speakers
- A karaoke machine or computer
- Microphones if available (optional)

Example of karaoke playlists:

<https://www.youtube.com/playlist?list=PL1pQuPn5RGUTIf-HrXNeyN1Zm4Wu-W03Q>

<https://www.youtube.com/playlist?list=PLrKWeHnIrA7cHvYSKu7ZnqnDnOaKGM3IU>

<https://www.youtube.com/watch?app=desktop&v=6ZIOfNdkAWI>

Time Required:



The time required for this activity can vary depending on the number of songs sung and how long the participants wish to continue. A typical karaoke session can be 30-60 minutes, but it can be extended if the participants are having fun.



Alone or in a group:

This activity is done in a group. It can be a shared karaoke event where several participants sing together, creating a festive atmosphere.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal