Sing along

Objective:

The goal of this activity is to promote social interaction, create a sense of community, and provide the elderly with an opportunity to enjoy music and sing together. Singing together can also be therapeutic and have a positive effect on mood.

Description of how the activity is conducted:

- Gather a group of elderly in a comfortable and suitable environment.
- Prepare a list of well-known and popular songs that the elderly are likely to recognize and enjoy.
- Start by introducing the songs and encourage the participants to choose which songs they want to sing. Diversify the songs with different styles, themes, and genres to suit different tastes and create variety.
- Begin with a few widely recognized songs and then let the participants suggest their own favorites.
- Play the music and encourage the participants to sing. Organize short singing sessions followed by brief breaks to chat and socialize. This allows the participants time to relax and share memories and feelings associated with the music.
- You can use songbooks or a projector to display the song lyrics so that the participants can follow along.

What is needed to carry out the activity:
- A music player and speakers to play the music
- A list of songs
- Song lyrics that can be shared with the participants in the form of songbooks or projected texts

Time required:

The duration of the activity can vary depending on the number of songs sung and the length of the breaks. A singing session can be as short as 30 minutes or longer if the participants are engaged and want to continue singing and socializing.

Alone or in a group:

This activity is done in a group.

Examples of sing along songs:

1. Que sera sera
2. My way
3. You are my sunshine
4. Can´t help falling in love
5. Somewhere over the rainbow
6. Stand by me
7. Love me tender
8. Fly me to the moon