

Music review panel



Objective:

The aim of this activity is to create an entertaining and meaningful experience for elderly by allowing them to participate in a panel where they can discuss and review music. The activity aims to promote social interaction, create discussions about music and share opinions and memories.

Description of how to do the activity:

- Gather a group of elderly in a comfortable and relaxed environment.
- Prepare a playlist of different songs and pieces of music that might be interesting to discuss.
- Introduce the activity to the participants and explain that they will be part of a "Music review panel" where they will listen to, score and discuss music together.
- Play a song from the playlist and encourage participants to listen carefully.
- After the song has been played, start a discussion where participants can share their opinions about the song. Ask what they thought of the song, if it reminded them of anything in particular or if they had memories associated with the song.
- Ask participants to rate the song on a scale of 1 to 5, with 5 being the highest rating. They can also give oral or written comments on why they gave that rating.
- Continue with the next song. Repeat the process of playing different songs from the playlist and allowing participants to discuss and review them.

Example of songs that can be used in the review panel:

1. [JailHouse rock](#) Elvis
2. [You're the one that I want](#) Grease
3. [Living next door to Alice](#) Smokey
4. [Total eclipse of the heart](#) Bonnie Tyler
5. [Don't go breaking my heart](#) Elton John and Kiki Dee
6. [Uptown girl](#) Billy Joel
7. [All night long](#) Lionel Richie

8. [What's love got to do with it](#) Tina Turner
9. [Mamma mia](#) ABBA

What is needed to carry out the activity:

- A music player and speakers to play the music
- A collection of songs
- The rating scale and paper to record ratings and comments

Time: Long



Activity: Activating



Fellowship: Together



The duration of the activity depends on the number of songs played and the length of the discussions. A session can be as short as 30 minutes or longer if participants are engaged and want to continue discussing the music.

The activity is designed to be done in groups.

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