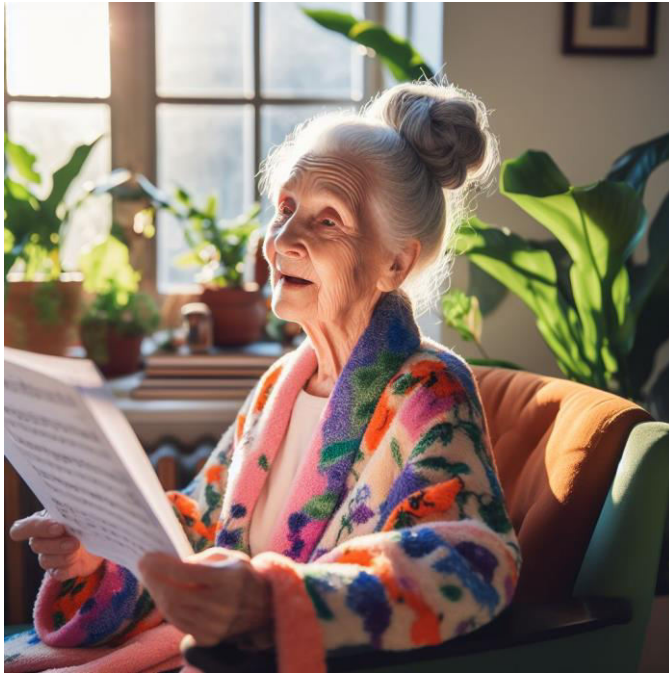


Sing to music



Objective:

The goal of this activity is to promote self-expression, create joy and well-being, and improve the elderly's sense of empowerment. Singing is a wonderful form of self-expression and can be therapeutic for the elderly.

Description of how to do the activity:

- Choose a quiet and comfortable place where the elderly can feel relaxed and focused.
- Collect a playlist of favorite tunes or songs that have special meaning for the elderly. These can be different genres and styles depending on their tastes.
- Ask the elderly to choose a song from the playlist that they feel comfortable with and that they enjoy singing.
- Play the chosen song and encourage the elderly to sing out loud and express themselves with their voice.
- If they feel like it, they can also try moving to the music with simple movements such as clapping their hands or rocking to the beat.

What is needed to carry out the activity:

- A music player or computer with speakers to play the music.
- A collection of favorite songs or songs with personal meaning to the older person.
- A comfortable and quiet place to sing.

Example of playlist that can be used in this activity:

https://www.youtube.com/playlist?list=PLzbFVd2WNPYbpfMKM1d9t3wUuWik_V79D

**Time required:**

The duration of the activity can vary depending on the wishes and energy level of the older person. The singing activity can be as short as a few minutes or longer if the person wishes. It is an activity that can be done at the time and pace preferred by the older person. 5-20 min.

**Alone or in a group:**

This activity is done alone.

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