

Play Instruments



Objective:

The goal of this activity is to provide elderly with the opportunity to explore and experience joy through music using simple instruments. The activity also aims to promote cognitive abilities, reduce stress and anxiety, and enhance self-esteem.

Description of the Activity:

- Begin by talking to the participant and letting them choose which simple instrument they are most interested in, such as maracas, tambourines, or something else that is easy to handle. Ensure that the chosen instrument is easily accessible for the participant. If they don't own an instrument, you can arrange to borrow one for them (from the library).
- Teach the participant the basics, such as how to hold the instrument, create sounds with it, and produce simple rhythms. Let the participant explore the sounds of the instrument by shaking, striking, or spinning it. The important thing is to have fun and discover different sounds.
- Show the participant some simple melodies to practice. These can be classic songs or tunes they enjoy.
- If there are other elderly individuals participating in the activity, encourage them to play their simple instruments together and create basic music. This can promote fellowship and joy.

Materials Needed for the Activity:

- The chosen simple instruments (maracas, tambourine, etc.)
- A comfortable place to sit and explore music
- Different songs to play along with

Examples of songs that can be used in the activity:

There are several songs that are suitable for elderly and are also easy to play using for example maracas. Here are some suggestions:

1. ["What a Wonderful World"](#) by Louis Armstrong - A calm and beautiful song with a slow tempo that suits shaking maracas in rhythm.
2. ["Stand by Me"](#) by Ben E. King - A timeless classic with a simple and recognizable melody that pairs nicely with maracas.
3. ["Can't Help Falling in Love"](#) by Elvis Presley - A lovely song with a simple tempo and melody that is perfect for playing with maracas.
4. ["Somewhere Over the Rainbow"](#) by Israel Kamakawiwo'ole - A calm and melodic song that is beautiful to accompany with maracas.
5. ["Blue Moon"](#) by Frank Sinatra - Another timeless classic that has a simple rhythm perfect for maracas.



Time Required:

The duration of the activity varies depending on the individual's interest and engagement. Begin with short sessions and gradually increase the time as needed.



Alone or in a group:

This activity is conducted in smaller groups where participants can play together with others, creating a sense of fellowship.

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