

# Sing-a-long Activity

RESIDENT IDENTIFIED LISTENING TO MUSIC AS A PREFERENCE



# Supply Check-list

- Assistive devices, as needed
  - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Device to play music
  - tablet, such as an iPad
  - radio
  - computer
  - iPhone or iPod
  - Tape/cassette player
- Song sheets or song book (or pull lyrics up online)
- Musical instruments (optional)
- Feeling Faces Emotion Assessment form



# Activity Introduction

**[APPROACH]** Approach the resident from the front, on eye level, and smile.

**[GREET]** Greet the resident using their name.

**[INTRODUCE]** Introduce yourself using your name, and point to yourself.

**[ASK]** Ask how the resident is doing today.

» Say: "How are you doing today?"

**[ASSESS]** Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

**[RESPOND]** Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

# Activity Questions

## Question Suggestions:

- What do you like about singing?
- Do you have a favorite singer?
- Where is your favorite place to sing?
  - (At home, in church, with friends, etc.)

## Activity-related Questions:

- How do you feel when you listen to this song?
  - What do you like about this song?
- What do you remember about this song?
- Did you ever dance to this song? Where? With whom?
- Does this song remind you of a special person in your life? A special time? (like a wedding, birth of a child, etc.)

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know music is important to you. Would you like me to help you sing-a-long with songs?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[CHOICE]** Ask the resident what song they would like to sing for the sing-a-long.

- » Say: "Would you like to sing to [list 2-3 song titles] ?"
- » Do: Point to each option as you say it.
- » Variation: Encourage the resident to choose, but if they are unable to choose, then pick one that aligns with their preferences.

**[BEGIN]** Begin singing with the resident.

# Activity Instructions continued

**[ENCOURAGE]** Encourage the resident (remember: engagement over correctness).

- » Say: "You're a beautiful singer."
- » Do: Smile and nod.

**[ASK QUESTIONS]** See question card for ideas.

**[OFFER]** Offer to assist the resident, if needed.

- » Say: "I will be right here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice, but point to the words if they need help following along or sing with them. Guide their hands if they want to dance and move.

\* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

# Using the Senses

**[SENSE]** Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **hear** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **Hear:** Encourage the resident to hear the music and sing or to try and keep the rhythm.

» SING or HUM along with the song

» CLAP their hands in time to the music

» MOVE with the music (do so yourself and encourage the resident to follow your example), or

» DANCE with you! Dancing can mean swinging the arms, moving the wheelchair in time with the music, tapping feet, etc.

# Activity Closing

**[THANK]** Thank the resident for doing the activity with you.

**[ASK]** Ask for feedback:

» Say: How did you feel about singing today?

**[ASSESS]** Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

**[ASK]** Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

*great job!*



