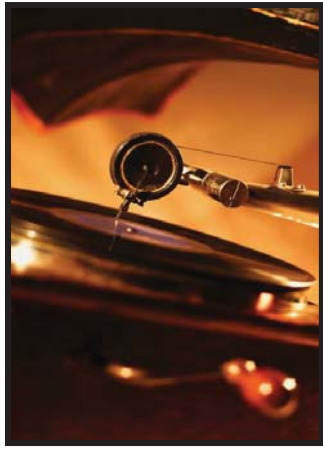


## Music Engagement- General



**Purpose:** To engage the person in an **opportunity to boost self-esteem, have the power to choose, to be needed and useful, and share joy and laughter.**

**Prep:** music player, cd(s), record(s), sing-a-long sheet music, microphone (real or created), instruments (hands will do) and vocal leader – choose which items you use.

**Presentation:** Approach the resident using the proper MOSAIC techniques. Begin singing to and with them as a way to invite them to participate in the engagement. If done one-on-one sit at a 90 degree angle or side-by-side with the resident to offer physical reassurance and support. When used in a group

setting, be sure to welcome and introduce each musician as they are brought into the group placing residents facing non-traffic areas. Move around the group to engage all participants and offer them a chance to use the microphone, change instruments and select music.

**Reminiscing Therapy:** What kind of music do you enjoy? Do you have a favorite song, singer, instrument, etc...? Did you ever sing or play an instrument? Where have you performed? What was your wedding song? What musicians were popular when you were growing up? What kind of music did you play for your children?

**Cognitive Therapy:** Name the artist and ask for songs they performed. Hum or play the first verse of a song and ask residents to join in or to name that song or artist. Use sing-a-long songs to prompt memory and engage residents in singing. Listen to a song and name the instruments that are heard.

**Active Therapy:** Use musical instruments to engage residents in the active motion of music by having them play along, make up their own music or direct the music/musicians. Have them clap their hands or tap their feet in beat to the music. Place the microphone in the hand of the singer, so they feel as if they are on stage or performing. Play songs such as the hokey pokey, head-shoulder-knees-toes, or hot potato. Dance to the music.

**Chore Therapy:** Help pass out music items to the group or help put music items away

-over-

## Music Engagement General, Continued:

**Creative Therapy:** Create your own instruments shakers - using popcorn and plastic Easter eggs, cymbals – two aluminum pie tins, drum – empty plastic peanut butter jars or ice cream containers with lid, Kleenex box with rubber bands around it to make a guitar like instrument, or cups and spoons as a great rhythm instrument... and decorate the instruments using paint, markers, glitter, etc... Make up your own songs with rhythms and words. Use old CDs and/or records to create artwork, bowls, jewelry, ornaments and bird feeders or paint on them for wall art. Video tape the dancing and playing of the instruments to show to family and friends or show the residents.

**Other Items to Enhance Engagement:** Disco ball, fun hats, boas and scarves for dancing.

**Cleaning:** Clean surfaces such as tabletops or floors after an activity if spills occur or if dirty. Disinfect items involved in engagement with antibacterial wipes, hot water and soap, or by following manufacturers' instructions. Launder fabric materials. If making a craft, wash residents' hands with soap and water.

## Other Ideas:

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# Finish the Lyric Game

- I'll be loving you...always
- In the good old...summertime
- Daisy, Daisy...give me your answer do
- When the red, red, robin...comes bob, bob, bobbin' along
- Let me call you...sweetheart
- Five foot two...eyes of blue
- Oh, give me a home...where the buffalo roam
- You are my...sunshine
- East side, west side...all around the town
- Show me the way to go...home
- I've been working on the...railroad
- How much is that...doggie in the window
- My wild...Irish Rose
- Should old acquaintance...be forgot
- There's a yellow rose in...Texas
- I love you...truly
- When Irish eyes...are smiling
- She'll be coming round the mountain...when she comes
- He's go the whole world...in his hands
- Don't sit under the apple tree...with anyone else but me
- Ma, he's making eyes...at me
- The stars at night are big and bright...deep in the heart of Texas
- Pardon me, boy...is that the Chattanooga choo choo
- Amazing grace...how sweet the sound
- Take me out to the...ball game
- The hills are alive...with the sound of music
- School days, school days...dear old golden rule days
- Somewhere...over the rainbow
- Hail, hail...the gang's all here
- Happy birthday...to you
- I'm singing in the...rain
- Every time it rains, it rains...pennies from heaven
- This land is...your land
- My country ...'tis of thee
- Give my regards to...Broadway
- Oh, beautiful, for...spacious skies
- Over the river and...through the woods
- Yankee Doodle wen to London...just to ride the ponies
- London Bridge...is falling down