



THE SUNSHINE LINK

RECORDED ACTIVITIES FOR SENIOR-CARE

Music and Relaxation: Favourite Tunes with Miya Adout

Overview:

'Name That Tune' is an activity for those who enjoy music, games, and trivia. Each episode of 'Name That Tune' will have a different theme for which to base discussion. This activity can be used by activity professionals for either group or individual programs.

Before each song is played in full, David will provide viewers with a few hints to help them guess what song is about to be played.

Targets: cognitive stimulation, socialization, self-expression, communication.

Materials:

- Images:**
- Discussion Questions:**

Making it Meaningful:

1. Deep Breathing - 0:42
 - Encourage residents to take deep breaths in and out in order to settle into relaxation activity.
2. Call and response: 1:24
 - Encourage residents to respond to vocal warm ups by providing physical prompts such as gesturing towards them, or demonstrating/modeling.
3. Que Sera Sera: 3:46
 - Throughout this song, residents may simply listen or sing along. They may also be encouraged to sway from side to side to the rhythm of the music.

- Even if residents do not know the words, they can be encouraged to join in during the chorus that repeats 'Que Sera, Sera'.
 - When the song is over, try singing along to only the melody together with the residents using the syllables "la, la" instead of the lyrics. This may be more accessible for some residents.
 - When applicable, spark a discussion around the lyric "Whatever will be will be, the future's not ours to see".
4. You Are My Sunshine: 6:45
- Throughout this song, residents may simply listen or sing along. They may also be encouraged to sway from side to side to the rhythm of the music.
 - For further engagement, ask residents to perform a gesture each time they hear the word 'sunshine', such as raise their hand or clap.
 - When applicable, spark a discussion around who brings some sunshine and happiness into their lives. You may even replace some of the words for them. I.e., A resident might share, 'My daughter is my sunshine'. You can then sing this together within the song.
5. My Bonnie Lies Over the Ocean 9:50
- When applicable and if materials are available, you can use a soothing instrument during this song and play along with the resident(s). Instruments may include an ocean drum or rain stick to simulate sounds of the water.
6. Show Me the Way to go Home 11:52
- During this final song you can have residents clap or tap along to the beat of the music.
 - After the song and activity comes to an end, it may be a good opportunity to ask them how they enjoyed the music and if they feel relaxed as the activity intended.

WE HOPE THIS BRINGS SOME SUNSHINE TO YOUR DAY!