



Music and Movement: Whole Body Activation with Carmen Lee

Overview:

'Music and Movement' is a great way to help motivate residents to participate in gentle movements with the accompaniment and encouragement of music! This activity can be used by activity professionals for either group or individual programs.

Targets: cognitive stimulation, motor skills, exercise,

Materials: No materials needed.

Making it Meaningful: Although this activity is about movement, it also a great opportunity for residents to enjoy the music. Activity professionals can encourage singing along to familiar tunes throughout the recording. It is also suggested that activity professionals demonstrate the movements live for residents to follow along to.

Songs:

1. Movement Song: Clapping, tapping toes, tap knees, shrugging shoulders.
2. When the Saints Go Marching In: Walking motion
3. Twist and Shout: Up/down movement
4. Side by Side: side to side, crossing midline
5. Michael Row Your Boat Ashore: Rowing arm motion

WE HOPE THIS BRINGS SOME SUNSHINE TO YOUR DAY!