

+ Music in the air

Themed sing along

What you need:

- Choose some suitable songs or start with the ones below or choose some favourites
- Find and print all lyrics in large font.
- A pianist, or a guitar player and failing that CDs with the songs chosen.

What you do:

- Gather 8 to 10 participants around a large table or sit them in comfortable chairs in front of you.
- Explain to participants the purpose of the sing-along: to remember songs that have "I'm" in the title.
- Participants may come up with songs that are not on the list; in that case add the songs to your list.
- Give lyrics to participants when they come up with a song from your list.
- Switch on the CD or have a musician to accompany the sing-along.

Some songs for you

to start:

- Some songs for you to start:
- I'm sitting on Top of the World
- I'm a Yankee Doodle Dandy
- I'm getting married in the Morning
- I'm gonna knock on your Door
- I'm Forever Blowing Bubbles
- I'm gonna sit down and write myself a Letter
- I'm Dreaming of a White Christmas
- I'm in the Mood for Love
- I'm Always Chasing Rainbows
- I'm a Believer (The Monkeys)
- I'm looking over a Four Leaf Clover
- I'm leaving on a Jet Plane (John Denver)



+ Music and a balloon



Idea found in a recipe book by carers and artists - **anyone can join in**



Ingredients:

- A balloon or a beach ball not fully inflated.
- Music- CD and player
- Folk, piano and string music work well.

Method:

- The sessions using a beach ball were about finding ways to connect with older people in more advanced stages of dementia.
- Using a beach ball
- Usually anything ball-shaped will result in a throwing and catching action. We used a clear beach ball that wasn't fully blown up. Focus was on the lightness of it, the transparency of it and how it pressed and rolled on different parts of the body.

- Changing the familiar use of an object needs to be subtle and slow, giving time for a participant to respond... or accept or push away, either are fine.
- When we are invited, we connect, physically, verbally, sensorially. Our ability to listen with our whole bodies, hearts and minds is important – and responding, not reacting. Having an awareness of our responses but not being led by them.

+ Aboriginal Clapping Music Sticks



Music sticks are used to keep the rhythm in songs, dances and corroborees in ceremonial events. Traditionally, native Australians make them from tree branches. The decoration of the sticks may change according to the spiritual significance of the celebration. They are played by holding one in each hand and clapping together according to the rhythm.

Materials:

- Old broomstick cut into 4 pieces (making 2 pairs). Wooden paint stirrers are also suitable.
- Acrylic paint or another water based paint in any colours
- Brushes
- Chopsticks
- Cotton buds
- Rough and fine sanding block

Instructions:

- Sand the sticks with the rough and fine sanding blocks until smooth.
- Secure a cotton bud with masking tape around a pencil or chopstick to do the dot painting.
- Draw on the sticks what you want to paint or go straight to dot painting in bright colours.
- Hold each stick at one end whilst you paint the other side and then turn and paint the other side.
- Allow to dry.



Idea sourced from www.goldencarers.com