

ACTIVITY WRITE-UP

Name of Activity: Sing -a- long

Type of modality	Music
Type of play	Shared cooperative
Interaction pattern	Aggregate
# of participants required	Minimum of 3- no more than 8
Equipment/supplies	-Knowledge of what songs have meaning to the clients. -Paper with lyrics - music to sing along to/ cd/ ipod -chairs
Facilities required/environment	Activity should be done in a quiet room where patients won't get distracted and can focus on the song
Precautions	take breaks when needed, be aware of people who are noise sensitive, be aware of people that are hard of hearing

Directions

1. Everyone sit in chairs in a circle.
2. Facilitator hands out song lyrics to everyone.
3. Facilitator explains that everyone is going to sing the same song together.
4. When the song ends anyone is able to share how the song made them feel or memories that the song brought up.
5. After discussion another song is played.
6. Repeat the discussion, like for the first song.
7. Continue with that pattern for as long as people are interested.
8. Rap up, discuss anything the participants learned from each other what they had in common.

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Trunk, back, hands to hold the lyrics
Movement	Static sitting

Physical	Balance, grasping, strength in arms to hold paper
Cognitive	Reading words/known words, sustained attention, concentration, listening, divided attention, alertness, sharing attention, insight
Social	Intrapersonal interactions, maintaining social space, regulating behavior, social cues, self-expression, respect to other while they are talking
Perception	Auditory, visual
Communication/language	Expression of spoken language, reception of spoken language, reception of written language , producing body language
Self-care	n/a
Psychological/emotional (possible)	Happy, sad, angry, excited

How to Simplify the Activity

Pick easy songs (twinkle twinkle little star, hot cross buns)

Play the song first, have everyone listen to it and then have everyone sing it

How to Make the Activity More Complex

Don't have lyric handouts, have everyone try to remember that the order that the songs were played, have everyone stand up instead of sit, clap to the beat of the song

Other Comments

Also could put lyrics on a screen instead of handing out paper