

“Let’s sing, even in the rain”

Creativity applied to sadness

„Creating Wellbeing“

CREATIVITY APPLIED TO SADNESS

1. NAME OF THE ACTIVITY

“Let’s sing, even in the rain”

2. DESCRIPTION

Many carers say that singing has a very positive influence on seniors’ well-being and emotional condition.

There are also a lot of articles and publications that support this opinion, e.g.

<https://www.healthline.com/health/benefits-of-singing>

<https://www.sciencedaily.com/releases/2017/12/171221101402.htm>

<https://journals.sagepub.com/doi/pdf/10.1177/1744987120917430>

The activity's clue is to sing together. It may be done in various forms.

3. OBJECTIVES

- to bring a positive mood and attitude
- to bring a friendly atmosphere

4. RESOURCES AND MATERIALS

Depending on the version of the activity the carer/ leader may need:

- written lyrics
- karaoke musical background (web application or YouTube content)

- musical instrument
- nothing

5. IMPLEMENTATION – INSTRUCTION

The activity's clue is to sing together.

Here are some variants:

- seniors together prepare a song for an occasion (anniversary, birthday, holiday)
- karaoke-style – moderator prepares a few songs (old songs, from the senior's youth) in a karaoke app and encourages seniors to sing together;
- moderator presents recordings with songs from senior's youth, while they listen they may join singing, seniors also propose the songs;
- seniors with the activity coordinator make a list of favourite songs, moderator prepares the written lyrics and the whole group learns to sing them;
- the singing contest can be made (without awards, or with awards to everyone);
- if a senior is too sad, or not in a mood to be engaged in singing, even listening to others singing may be a little helpful or listening to music (it's important to remember not to push anyone)
- if a moderator or anyone of the participants or a guest play any instrument – it may accompany singing.

6. POSSIBLE MODIFICATIONS AND INSPIRATIONS

The activity can be conducted in various forms (as described above). Important factors are:

- create a friendly atmosphere
- not to push anyone
- choose the songs the seniors know.

7. EXPECTED RESULTS

The positive influence on the health and well-being of singing appears in many articles and studies. It was also highlighted in conversations with carers and educators, as mentioned above. The expected result will be a more positive mood and relief.

8. PREPARED BY







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