

# LET'S SING, EVEN IN THE RAIN

*Creativity applied to sadness (10/12)*

## 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 focus is to sing together. It may be done in various forms.

## OBJECTIVES

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

## 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

## 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

## POSSIBLE MODIFICATIONS

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

## 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.