

# APPRECIATING MUSIC

*Creativity applied to loneliness (Activity 11/12)*

## DESCRIPTION

In this activity, participants select and listen to varied sets of music and discuss their both how the music makes them feel and what they think about it. There is an option variation to play musical instruments in addition to listen to recorded music.

## OBJECTIVES

The objectives of this activity are to:

1. Promote togetherness through shared experience and discussion of music listened to.
2. Alleviate loneliness through the social connections made both during this activity and follow-up sessions.
3. Encourage appreciation for a wide variety of music types and genres.

## RESOURCES AND MATERIALS

- Access to music, for example through a cd, mobile phone or other device such as a smart speaker.
- Optional: pen and paper.

## IMPLEMENTATION - INSTRUCTION

Tell your participant(s) that you're going to be listening to and talk about music.

1. The begin with, ask them how many different types or genres of music they can begin with. If they struggle, you could help them, for example, folk, pop, rock, country, classical, jazz, swing, hip hop, heavy metal, soul, reggae, disco, choir, latin.

After they have created a list, you could add to it with any of the types listed above that they haven't

yet thought of.

2. Ask them to talk about their

favourite. - Why do they like it?

- How does it make them feel?

- Is there a particular song or piece that they like? – see if you can play it for them/the group using your phone or other device and doing an online search for it.

Then discuss it further using the questions above and with the other participants (if in a group).

3. Are there genres from the list in Step 1 that they don't know. Do an online search to find out what you can about this type and discuss it. Then listen to some of it, for example a famous or popular piece from this genre. Revisit the questions from Step 1 with the additional questions:

- (Why) do you like this song/piece/tune?
- How does it make you feel?
- What story does it tell?
- What does it remind you of?

4. As a self-directed follow-up task, you could ask them to listen to some music from a type that is new for them for the next week or so, and then follow-up in another music appreciation session a week or two later.

## POSSIBLE MODIFICATIONS

1. Participants could bring or play their own instruments if they are able to play anything from any of the genres listed above. Alternatively, if there are any basic instruments available, such as shakers, rattles, triangles, drums the participant(s) could play along with music listened to in the stages above.

2. As a variation on the idea directly above, participant(s) could also sing to the music, either through singling along to recorded music, or sing on their own to accompany instrumental music being played.

3. Building on the final suggestion in the 'Instructions' stage above, you could start a music appreciation club that meets regularly to listen to and appreciate different types of music or play music together.



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## EXPECTED RESULTS

We expect to see symptoms of loneliness reduce through the social connection made during this activity, with other participants or directly with a carer if done in a one-to-one setting. Through a deeper understanding and appreciation of music, the wellbeing and mood of participants can be improved.



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