



Music

Balloon games

Bright balloons can be very useful as they are light and easy to use. They can be used for group warm ups and for musical games.

Two such games are:

The Name Game

Residents sit in a wide circle and tap or pass the balloon to anyone they choose.

Whoever receives the balloon calls out their name before passing it on.

Musical Statues

Residents sit in a wide circle and tap or pass the balloon to someone else.

The balloon can only be passed when music is playing. When the music stops, everyone remains as still as they can.





Music

Making instruments

You don't need real instruments in order to create music. You can make your own!

You can make shakers, drums, or string instruments just using household items:

- Putting dried peas inside a plastic bottle creates a fantastic shaker**
- Stretching elastic bands across an empty ice-cream tub creates an instrument that can be plucked**
- Empty Pringles tins (with metal and plastic lids) can be used as drums**

Now encourage residents to play their instruments to the same beat or rhythm.

You could create your own Junk Funk band!





Old song, new lyrics!

It's great fun to write your own songs.

An even easier activity is writing new lyrics to an old tune!

- Choose a well-loved song
- This song could be anything: perhaps Elvis, the Beatles, or a traditional song such as She'll Be Coming 'Round the Mountain
- Print out the lyrics so residents can familiarise themselves with the song
- Then encourage residents to come up with new lyrics about a chosen theme, or perhaps about their home, family, a holiday etc





Music

Bloom HD

If you have access to an iPad that you can use for creative sessions, Bloom HD is just one example of an app that allows people with limited fine motor control to contribute to a musical activity.

Bloom HD can be downloaded from the App Store. Other apps are available.

With Bloom HD, touching the screen produces a note and a colour. The app makes a loop of this sound and colour, before allowing you to add new sounds.

This app works well for one-to-one activities but can also be used to inspire soundscapes and group activities.



Music

Reminiscence

Putting together a box of prompts is an easy way to help residents start to think more creatively. These objects can then inspire musical activities.

Fill a box with objects that relate to different seasons of the year:

- A Christmas wreath
- A bottle of suntan lotion
- Some lamb's wool
- A dry Autumn leaf

Ask someone in the group to choose an object and then encourage the group to share their memories of that object.

Find songs to represent each season and encourage your group to sing each song before moving on to the next object.

