

MY PLAYLIST

Description

This activity helps seniors curate a personalized playlist of their favorite songs and music pieces on their smartphones. It can be done individually or with guidance from a facilitator in a group setting. This task promotes cognitive stimulation, digital literacy, and emotional connection to cherished memories.

Learning Objectives



- Enhance cognitive fitness through memory recall and decision-making.
- Develop or improve smartphone navigation skills.
- Foster emotional well-being by reconnecting with meaningful music.
- Encourage a sense of accomplishment through the creation of a digital playlist



Time Needed

Learning Setting

individual or as group activity

Practical Tips

- Your playlist will grow: Don't put yourself under pressure to finish it perfectly in one go.
- Create different playlists for different moods: for motivation, for relaxation, with classical music, with Christmas songs...

For facilitators:

- Prepare a simple written guide with screenshots of how to create a playlist on common music apps.
- For those without music apps, suggest finding songs on YouTube or using their phone's existing music library.
- Encourage patience and positivity, especially for those new to smartphones.

Materials Required

- Smartphones or tablets with internet access.
- A streaming app (e.g., Spotify, YouTube Music, or Apple Music) or the phone's music library.
- Optional: headphones for individual listening.
- Pen and paper for jotting down song ideas if needed.

Expected Results

- Increased confidence in using smartphones and music apps.
- A personalized playlist that participants can enjoy repeatedly.
- Enhanced emotional well-being through reconnecting with meaningful music.
- Strengthened memory recall as participants think back to songs they love.



Step By Step Guidance

Individual Setting

- **Think about your favorite songs:** Start by recalling songs, artists, or albums that you love. Think of music that makes you happy, relaxed, or nostalgic.
- **Open your music app:** Unlock your smartphone and open a music app of your choice (Spotify, YouTube Music, or Apple Music). If you're unsure how to access it, ask someone for help or check your phone's apps for familiar icons.
- **Search for songs:** Use the search bar in the app to type in the name of a favorite song, artist, or album. Tap on the result to start listening.
- **Create your playlist:** Find the option to create a playlist (it's usually a "+" or "Add" icon). Name your playlist something fun, like "My Favorites" or "Happy Tunes."
- **Add songs to your playlist:** As you find songs you like, tap on the menu options (three dots or a "+" symbol) next to the song and select "Add to Playlist." Continue adding songs until you have a list you love.
- **Listen and enjoy:** Play your playlist from start to finish. Make any changes if you think of other songs to add or want to rearrange the order.

Group Setting

- **Gather together:** Make sure everyone has their smartphone and a pen/paper if needed. Set a relaxed and supportive tone for the session.
- **Explain the activity:** Introduce the idea of creating a playlist with their favorite songs. Encourage participants to think about music from different periods of their life or genres they enjoy.
- **Provide a demonstration:** Using a large screen or the facilitator's phone, show participants how to search for songs and create a playlist step-by-step on a popular app like Spotify or YouTube Music.
- **Offer hands-on assistance:** Walk around and help participants as they explore their music apps and add songs to their playlist. For those who may find it challenging, suggest starting with just one or two songs.
- **Encourage sharing:** If participants are comfortable, invite them to share a song or two from their playlist with the group, perhaps explaining why it's meaningful to them.
- **Celebrate the results:** Once everyone has their playlist, encourage them to listen to it at home and keep adding songs over time.

Source

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