

SING-ALONG AND RHYTHMIC DRUMMING SESSION

Description

This activity combines singing familiar songs with rhythmic drumming, engaging participants musically and physically. Participants sing well-known songs while playing basic rhythmic patterns on hand drums or percussion instruments. This combines cognitive recall (lyrics) with motor coordination (drumming), making it both mentally and physically stimulating.

Learning Objectives



- Improve memory recall and cognitive function through musical engagement.
- Enhance motor coordination by following rhythmic patterns.
- Foster social interaction and emotional expression in a group setting.
- Promote relaxation and stress relief through musical enjoyment.



Time Needed

45-60 minutes

Learning Setting

Group setting in a comfortable, quiet space, such as a community room or activity area in a care home or senior centre.

Materials Required

- Song lyric sheets (with large print)
- Simple hand drums or percussion instruments (e.g., tambourines, maracas)

Practical Tips

- Choose familiar songs from the participants' era to encourage participation and memory recall.
- Adjust the difficulty of the drumming patterns based on participants' mobility.
- Ensure a slow and steady pace for instructions and transitions between activities.

Step By Step Guidance

- 1. Introduction (5 minutes):** Welcome participants and explain the session. Distribute lyric sheets and introduce the instruments.
- 2. Warm-Up (10 minutes):** Start with a simple clapping or tapping exercise to introduce the concept of rhythm.
- 3. Song and Drum (20 minutes):** Lead participants in singing a familiar song while they keep a basic rhythmic beat with the drums.
- 4. Improvisation (10 minutes):** Encourage participants to try creating their own rhythms while still singing or humming along.
- 5. Cool Down and Reflection (5 minutes):** Conclude with a discussion on how they felt during the activity.



Expected Results

- Improved memory recall of songs and lyrics.
- Enhanced motor skills through rhythmic drumming.
- Increased social engagement and emotional well-being due to group interaction.
- A sense of accomplishment from actively participating in music-making.

Source

- Suffle Music Magazine
[Suffle Music Magazine](#)
- Music Therapy Resources
[Music as Therapy](#).

