



Music



*It has the power to make us smile,
And brings us to all types of tears.
It can carry us back in time, and inspire us to dance
For all our happiest days there is music.* - Unknown

Music has a profound effect on human beings. It is a powerful medium that can alter our physical, emotional, cognitive, social, and spiritual state. Music can help us sleep, distract us from pain, change our mood, calm our anxiety, release stress, stimulate our memories, help us to bond with others, and so on.

There are so many fun ideas that you can do with music; here are a few favorites!

- Sing-a-longs – You can find any type of music on YouTube. e.g. 1950's playlist. You can spend hours singing. After all, it's good for your soul.
- Whether it be the current holiday, season, or events, music is bound to spark a memory.
- Put together song books of your favorite songs, laminate them, and they can be shared for years to come.
- Ask someone who might be lonely if you can create a playlist of their favorite songs for them.
- Play a game where you play a song and the listener(s) have to guess the name of it or who the artist is!
- During COVID, many local bands recorded concerts to share with people online. These are fun to watch.
- Make homemade instruments and perform a mini-concert.
- Ask if someone plays an instrument. Maybe they could practice and perform for you or others.

