

MUSICAL INTELLIGENCE VIDEO SCRIPT

Description

This short video is designed to explain musical intelligence to the elderly.



Time Needed

20 minutes

Learning Setting

Individually, or in group activity
1 to 5 participants

Materials Required

Video can be watched on:
Smartphone, Tablet, Computer screen, Television

Expected Results

- Understand the concept of musical intelligence
- Identify examples of activities to strengthen musical intelligence

Learning Objectives



- To raise awareness about musical intelligence
- Creating conversations and exchanges about this topic
- Give ideas of possible activities to implement

Step By Step Guidance

- Explanation of the activity (5 mn)
- Watching the video (3 mn)
- Conversation exchange about the video (12 mn)

Source

My Training Box



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In this video, we will focus on musical intelligence. Do you remember the lyrics of songs easily? Can you easily follow the rhythm of a song? Do you sing or play an instrument? If so maybe your musical intelligence is well developed and you are able to appreciate and produce musical skills like sounds, rhythms, lyrics and patterns.

People with high levels of this intelligence also have a great sensitivity to the rhythm, pitch and timbre of different sounds. Musical intelligence encompasses innate qualities such as rhythm and auditory perception, as well as the ability to analyse, create and appreciate music. This type of intelligence is often associated with linguistic and mathematical intelligence and shares close ties with emotional and natural intelligence. As gerontology confirms, the ability to respond to music remains strong even in old age, making music a valuable tool for emotional well-being and social engagement. Engaging with music is vital for fostering creativity and emotional intelligence, which contribute to overall well-being and vitality in older people. Attentive listening to music develops analytical abilities that are crucial for navigating the complexities of the digital world. Therefore, we can conclude that musical intelligence can pave the way for the development of digital skills.

Several activities can allow you to maintain or improve this intelligence, for example:

- Attending concerts
- Learning to play an instrument
- Playing with more accessible instruments like drums or maracas
- Engaging in simple rhythmic movements to enhance a sense of rhythm
- Taking time to consciously listen to music
- Learning to recognise the sounds of different musical instruments to improve auditory skills
- Singing or accompanying familiar songs in a group
- Discovering music apps that teach basic musical skills

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The list of examples of activities could go on and on and it doesn't matter which ones you prefer as long as you maintain your musical intelligence. It is the key to your ability to sing the song you like or understand the patterns. It would be a shame to deprive yourself of it, don't you think? Choose the activity that interests you the most and start there.

Source

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