

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

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.

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.

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

Wisamar

MUSICAL INTELLIGENCE QUESTIONNAIRE

Description

This short questionnaire aims to assess the musical intelligence affinity of the elderly people.

Time Needed



1 hour

Learning Setting

Individually, or in group activity
1 to 5 participants

Materials Required

This activity can be simply implemented by printing the musical intelligence questionnaire and providing a pen or pencil to reply to it. It is also possible to do this test with an online tool, such as typeform.

Practical Tips

If the participants have difficulties to write and/or read, it is possible to adapt the activity as a group activity with a person reading out loud the questions and the participants are replying orally. The results are written on a white board for exchanges after the questionnaire.

Learning Objectives



- To raise awareness about musical intelligence
- Creating conversations and exchanges about this topic
- To formulate what elderly people like or not

Step By Step Guidance

- Explanation of the activity (10 mn)
- Filling the questionnaire (20 mn)
- Conversation exchange about the answers

Expected Results

- Identifying the musical intelligence activities they like the most
- Assessing their musical intelligence's affinity

Source

My Training Box Focus Groups
Une difficulté d'apprentissage : sous la lentille du modèle des intelligences multiples, by Raymond Leblanc in *Éducation et francophonie*, vol. xxv, no 2, automne-hiver 1997. Pour le volet I du Programme de sensibilisation aux nouvelles approches pédagogiques de la Commission scolaire de la Rivière-du-Nord. France Lapiere , septembre 1998. Révision février 2001.



MUSICAL INTELLIGENCE QUESTIONNAIRE

YES/NO

Q01: I'm sensitive to noises and sounds.

Y / N

Q02: I can easily remember the melodies I hear.

Y / N

Q03: It's easy for me to move or dance with rhythm.

Y / N

Q04: I sing well.

Y / N

Q05: I can recognise wrong notes in a piece of music.

Y / N

Q06: I'm interested in all kinds of music.

Y / N

Q07: I find it hard to concentrate on work when I'm listening to the radio or television.

Y / N

Q08: I like concerts, recitals, musicals and opera.

Y / N

Q09: I can easily follow the rhythm of a piece of music.

Y / N

Q10: I play a musical instrument.

Y / N

Q11: I'm sensitive to the musicality of poems, texts and words.

Y / N

Q12: The song I heard on TV the day before, I can sing the next day.

Y / N

Q13: A song I have listened to before can take me back to that moment.

Y / N

Q14: I can easily remember the lyrics of the song.

Y / N

Q15: I regularly listen to music on the radio, records or TV.

Y / N

MUSICAL INTELLIGENCE VIDEO SCRIPT

Description

Dieses kurze Video soll älteren Menschen musikalische Intelligenz erklären.



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

MUSICAL INTELLIGENCE VIDEO SCRIPT

In this video, we will focus on musical intelligence. Do you remember the lyrics of the 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 inborn 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

...

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

My Training Box