

# MY MUSICAL AUTOBIOGRAPHY

## Description

The activity consists in creating a list of songs, that were meaningful for the person during important events or periods of their life, e.g., childhood, adolescence, meeting their partner, etc. Thus they will relate each period or important moments in their life with music.



## Time Needed

30-40 min

## Learning Setting

Group activity

## Materials Required

Laptop, sheets of paper, pencils

## Practical Tips

- It is a nice opportunity for the elderly to reflect on some events and periods from the past, so you should plan enough time for this activity.
- It could lead to a nice follow-up discussion, with the seniors exchanging opinions about songs, listening to them and sharing different life experiences.

## Source

DSG

## Learning Objectives



- Enhance Memory Recall: Encourage participants to connect life events with specific songs, strengthening episodic memory.
- Promote Sequencing Skills: Foster the ability to organize thoughts and memories chronologically or thematically.
- Stimulate Critical Thinking: Reflect on why certain songs are meaningful and how they relate to personal experiences.
- Expand Music Knowledge: Gain exposure to diverse genres or eras of music shared by others.

## Step By Step Guidance

- This is a group activity. The moderator gives the participants handouts "My Musical autobiography" and some time to reflect on different periods and important events in their life and associate them with certain songs.
- Each person fills in the handout and tells a short story about the songs that meant a lot to them at different periods of their life and why. If they wish, some songs can be searched on Youtube and played for everyone.

## Expected Results

1. Elderly feeling happy and joyful after remembering some important life events through music
2. Music listening session as a social activity.



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Memories from childhood

Memories from early adult years

**What is your favourite song from childhood? Why is it meaningful?**  
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.....

**What is your favourite song from early adulthood? Why is it meaningful?**  
.....  
.....

Current favourite

Song representing a major life event

**What is your favourite song nowadays? Why is it meaningful?**  
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**Song that reminds you of a significant moment in your life**  
.....  
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