



WELCOME TO OUR

Project Newsletter



Musical Intelligence

Musical intelligence in elderly individuals involves the ability to recognize, create, and appreciate music and sound patterns, which can be nurtured even later in life through activities that stimulate auditory skills and emotional expression. While elderly people may not actively sing or play instruments, engaging in listening exercises, music appreciation, or analyzing the structure of melodies can enhance cognitive abilities, emotional well-being, and social connections.

Activities such as exploring different musical genres, discussing the emotional effects of music, or identifying instrumental sounds can keep the mind sharp, offer joy, and reduce feelings of isolation.

Adapting musical intelligence activities for the elderly can enhance their cognitive and emotional well-being by engaging them in listening and appreciation tasks that stimulate memory, creativity, and emotional expression without requiring active performance skills.

↓ In this newsletter you will find:

Articles, activities for musical intelligence and more. Keep Reading!



How to develop your skills?

THERE ARE 10 ACTIVITIES

Discover 10 engaging activities developed with insights from focus groups including experts, social workers, and elderly individuals. Along with an introductory video, these activities are useful for everyone, whether for personal use or working with elderly people. Choose the activities that best fit your learning style, setting, and goals. Explore and enhance your skills today!

SEE 10 ACTIVITIES



START from here

TEST YOUR LEVEL

How about testing your musical intelligence before checking out the activities? Get to know yourself in just 15 questions.

GO TO TEST

Further reading



READ ON MUSICAL INT.

Would you like to learn more about musical intelligence? Explore further by visiting these suggested websites:

[UNDERSTANDING MUSICAL INTELLIGENCE.](#)

[MUSIC FOR SENIORS](#) | [AGING MATTERS](#) | [NPT](#)



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