Singing & Engaged Discussion

One of Perfect Harmony’s core music activities is **singing followed by open discussion** of experiences related to **memorable songs**. Adding engaged discussion to the equation when you are making music with someone can take music from an enjoyable, passive listening activity to an interactive social experience that can form connections with individuals in your care.

## Helpful Tips

- **Always start with the music.** If you start to initiate discussion before you sing together, you may not get a response or be able to prompt a conversation because it is the music that stimulates the brain and helps form connections that can inspire further discussion.
- Remember to use a person-centered approach: **be patient, flexible, understanding and genuine** in all of your interactions.

## Additional Resources

- Use the **“brief context” section** to learn a little bit about the **song, its historical context, or a specific performer** who made the song famous!
  - This might be for your own preparation or you might consider telling someone about the song to support their reminiscing after listening to the music together.
- Use our **discussion prompts** that offer a variety of open-ended questions, tiered prompts, and themed activities to reminisce and share experiences that relate to the song you sang together.
- Print our **lyric sheets** to support an individual’s active singing participation.
- Use the Perfect Harmony **visual prompts** to help offer individuals an alternative way to connect and communicate.

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This resource was created in collaboration with a board-certified music therapist.