

## 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.

- 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.

