



ACTIVITY CART IDEA Music Favorites & Creating a Legacy Capture April 2020



Objectives:

- provide resident expression
- recall of important music, even a timeline
- empowers residents to share their song preferences
- create a legacy item for self and family

Materials

- Provide printed copy of 30-day song challenge
- pen

Process/Options

- Meet & Greet residents each day with the selected song topic.
- Expand and play actual songs for 1:1.
- Print this list, residents write in their song title which could be kept as a legacy piece for them and their families.
- Provide blank journal for resident to write song title on each page and the history of each song

Stay brilliant!!

Nancy Richards, ADC/EDU/MC

Nancy.richards@activitypathways.com

P.S. Stay in touch and keep UP your important work within the care journey of life.

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30-DAY SONG CHALLENGE

DAY 1

A song you like with a color in the title

DAY 2

A song you like with a number in the title

DAY 3

A song that reminds you of summertime

DAY 4

A song that reminds you of someone you'd rather forget

DAY 5

A song that needs to be played loud

DAY 6

A song that makes you want to dance

DAY 7

A song to drive to

DAY 8

A song about drugs or alcohol

DAY 9

A song that makes you happy

DAY 10

A song that makes you sad

DAY 11

A song you never get tired of

DAY 12

A song from your preteen years

DAY 13

A song you like from the 70s

DAY 14

A song you'd love to be played at your wedding

DAY 15

A song you like that's a cover by another artist

DAY 16

A song that's a classic favorite

DAY 17

A song you'd sing a duet with someone on karaoke

DAY 18

A song from the year you were born

DAY 19

A song that makes you think about life

DAY 20

A song that has many meanings to you

DAY 21

A song you like with a person's name in the title

DAY 22

A song that moves you forward

DAY 23

A song you think everybody should listen to

DAY 24

A song by a band you wish were still together

DAY 25

A song you like by an artist no longer living

DAY 26

A song that makes you want to fall in love

DAY 27

A song that breaks your heart

DAY 28

A song by an artist whose voice you love

DAY 29

A song you remember from your childhood

DAY 30

A song that reminds you of yourself