

Brain

HEALTH ACTIVITIES

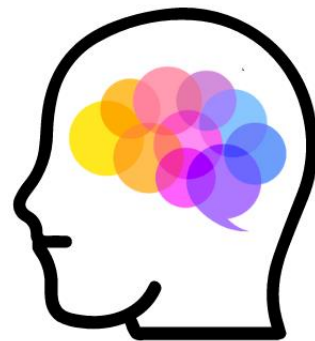


Episode Guide

Music



Brain Boost



Brain Health 101

FOR MORE INFORMATION ABOUT HEALTHY BRAIN AGING AND CLINICAL TRIAL RESEARCH CALL:

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Program Description:

Brain Boost

Activities designed for those with Mild Cognitive Impairment (MCI) and those with mild Dementia

Brain Health 101

Activities designed for those with mild to moderate Dementia and those who care about them

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Cardio Ball Drumming



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Supplies Needed

Drumsticks, wooden spoons, or rulers

Yoga Ball or pillow

Modifications

If you don't have a ball and drumsticks, use a pillow and a wooden spoon or ruler. You could also clap your hands to the beat of the music. If mobility or balance is difficult, you could remain seated while drumming. You could sing along. You could observe and be an advisor. If cardio drumming is not something you are enjoying, take a walk instead or participate in another form of exercise you do like!

Crafting: Homemade Musical Instruments



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Drum

Supplies Needed:

Plastic Bucket

Utensil, such as a wooden spoon

Instructions:

Turn the bucket over and tap it with the utensil.

Shaker 1

Supplies Needed:

Jar with Lid

Seeds or dried beans

Instructions:

Remove lid from jar.

Pour seeds or beans into the jar.

Screw lid onto the jar.

Shake.

Shaker 2

Supplies Needed:

2 Plastic Cups

Beans, Seeds, Paper Clips, or Popcorn Kernels

Tape, several pieces already pulled off the tape dispenser ready to use.



Instructions:

Set two cups next to each other on the table.

Pour beans, seeds, paper clips, or popcorn kernels into one of the cups.

Place the other cup upside down on top of the cup that is holding the seeds.

Tape the cups together so they are sealed well.

Rockin' Robin

He rocks in the treetops all day long
Hoppin' and a boppin' and singing his song
All the little birdies on Jaybird Street
Love to hear the robin go "tweet tweet tweet."
Rockin' robin, tweet, tweet, tweet
Rockin' robin, tweet, tweedle-lee-dee
Blow rockin' robin, 'cause we're really gonna rock tonight
Tweet, tweet, tweedle-lee-dee
Every little swallow, every chickadee
Every little bird in the tall oak tree
Wise old owl, big black crow
Flopping their wings saying "go bird go"
Rockin' robin, tweet tweet
Rockin' robin, tweet, tweedle-lee-dee
Well, go, rockin' robin, cause you're really gonna rock tonight.
Pretty little raven at the bird bandstand
Taught him how to do the boppin', it was grand
We started going steady and bless my soul
He out-bopped the buzzard and the oriole
He rocks in the treetops all day long
Hoppin' and a-boppin' and a-singing his song
All the little birds on Jaybird Street
Love to hear the robin go tweet tweet tweet

Rockin' robin, tweet, tweet, tweet

Rockin' robin, tweet, tweedle-lee-dee

Well, go rockin' robin, cause you're really gonna rock tonight.

Well, go rockin' robin, cause you're really gonna rock tonight.

Modifications

There are several ways to modify making homemade instruments. You can make this activity



intergenerational by making these instruments **with** a young family member or neighbor. Making the instruments **for** a child can also be a creative way of doing something kind for someone else.

If dexterity or fine motor skills are a concern in making these instruments, your loved one can cheer you on and observe as you create these instruments. Or, he or she may have success in helping with a particular step such as filling the cup with beans. Genuinely saying something like, “We’re a good team! I couldn’t do this without you” is a way to make the person feel valued and included while creating together.

Another way to modify this activity is to alter how you are going to appreciate music in the moment. Maybe you could reminisce about how music has been important to you throughout your life, who you saw at your first concert, or how you loved to play the trumpet in the school band.

You could also attend a concert in your community or online.

Sing-a-Long



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I Got Rhythm

I got rhythm

I got music

I got my man

Who could ask for anything more?

I got daisies

In green pastures

I got my man

Who could ask for anything more?

Old man, trouble, I don't mind him

You won't find him round my door

I got starlight

I got sweet dreams

I got my man

Who could ask for anything more?

Who could ask for anything more?

Do Rei Me

Let's start at the very beginning
A very good place to start
When you read you begin with A-be-see
When you sing you begin with do-re-mi
Do-re-mi, do-re-mi
The first three notes just happen to be
Do-re-mi,
do-re-mi
Do-re-mi-fa-so-la-ti
Doe, a deer, a female deer
Ray, a drop of golden sun
Me, a name I call myself
Far, a long, long way to run
Sew, a needle pulling thread
La, a note to follow Sew
Tea, a drink with jam and bread
That will bring us back to Do

Doe, a deer, a female deer
Ray, a drop of golden sun
Me, a name I call myself

Far, a long, long way to run
Sew, a needle pulling thread
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