Title: Singing & Dancing

Recommended for: elders and children 2-5 years
Length of activity: 30 minutes
Suggested group size: 3-4 IG pairs

Objectives:

**Children**
- Creativity
- Positive Mood
- Attention to Detail
- Sensory Development

**Adults**
- Reminiscence
- Sensory Integration
- Positive mood
- Creativity

Materials Needed:
- Music
- Stereo, computer, etc (to play music)
- Clothes/Accessories (to play dress-up)
- Words to songs (on a board or handouts)

Methods

Facilitator Preparation
1. Prepare music selections and select songs/nursery rhymes for sing-along.
   a. May need to provide the words to the songs on a board, projector or handouts.
   b. Pick dancing music that relates to different generations.
2. Gather hats, scarves, beads and other accessories for partners to dress one another in.
3. Set up music hook-up and clear a space for dancing.

Intergenerational Participants
1. Introduction-pair each older adult with a child and sing the hello song.
2. Discuss music, dancing and singing.
3. IG Partners sing-along to different songs.
   a. Option: let each IG pair pick out a song to sing
4. IG pairs dress their partner up in fancy accessories to go dancing.
5. Turn on music and let IG pairs dance together.
6. Use facilitating questions and statements to encourage the adult neighbors to teach their favorite dances and dance moves to their partners and vice versa.
7. Older adults, children, and facilitators hold hands and sing the goodbye song.
   a. Option: IG pairs dance and sing the goodbye song.

Best Practices

- **Best Practice 1:** Staff members of adult and child programs collaborate to plan activities.
- **Best Practice 2:** Participants are involved in decision making about the activity.
- **Best Practice 3:** Participation is voluntary.
- **Best Practice 4:** Participants are prepared ahead of time and reflect on activities afterwards.
- **Best Practice 5:** Activities reflect participants’ interests, backgrounds, and social histories.
- **Best Practice 6:** Activities are age and role appropriate.
- **Best Practice 7:** Activities support interaction among intergenerational partners.
- **Best Practice 8:** Facilitators skillfully stage the environment to promote interaction.
- **Best Practice 9:** Facilitators consider the social environment and the role of staff members.
- **Best Practice 10:** Adaptive equipment is used as appropriate.
- **Best Practice 11:** Experiences are documented and communicated to varied resources to build upon in future activities.

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Special Considerations
- Consider the safety and mobility of each participant when moving and dancing.
- For the sing-along: be sure to provide the words to the songs in a font that is large enough for all participants to read.
- Make sure that the music volume is loud enough for all participants to hear and not too loud for others.
- If an adult or child plays piano (and one is available) or another instrument, let them lead the sing-along.

Getting To Know You
- Ask children and elders to discuss their favorite songs.
- Find out if your partner knows any good songs or dances.
- Talk to your partner about a time when you danced or sang to music.
- Where do they go to dance? Or to sing?
- How does your partner listen to music? Do they use a computer, radio, or even a record player?

Encouraging Interaction
- Invite partners to show one another their favorite dance move.
- Encourage each IG pair to pick out a song together for the sing-along.
- "______ ask ______ to show you how to do ‘The Twist’."
- Invite IG pairs to sing and dance to the goodbye song.

Enrichment Opportunities
- Learn about different kinds of music and dancing from different decades and cultures.
- Around The World Parties: Explore a different culture, dress up like that culture would, and learn their songs and dances.

Technology Opportunities
- As a follow up activity, using the App “SingFit,” one adult and one or more children can record a song together using the “Lyric Coach”, “Guide Singer” and other tools to assist in the recording.
  - An iPad can also be connected to an LCD projector to use as a group activity allowing an entire room to sing together.
- SMART board sing-along lessons