

MUSIC & ME

Date

Almost everyone has a personal song that represents key moments in their life. Music is a way to get to know each other and share stories and memories related to specific songs. This tool supports staff / volunteers to build relationships with residents by having a conversation about what music means in their life. Using this tool can help staff and volunteers to build empathy and understand someone's background and life story. Listen, share and enjoy!

Music & Me

My name is

.....

If I was a famous singer I would be

.....

Music makes me feel





.....

My fondest memory of music is





.....

.....

#3

#2

My life without music would be

.....

because (describe what music means to you)

.....





.....

.....

.....

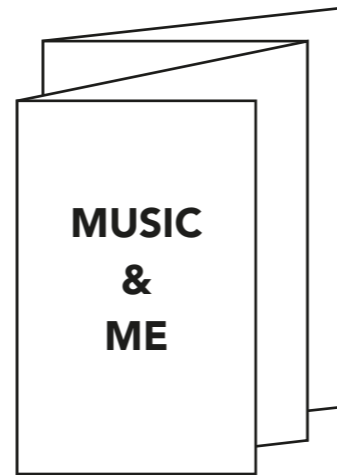
.....

#1

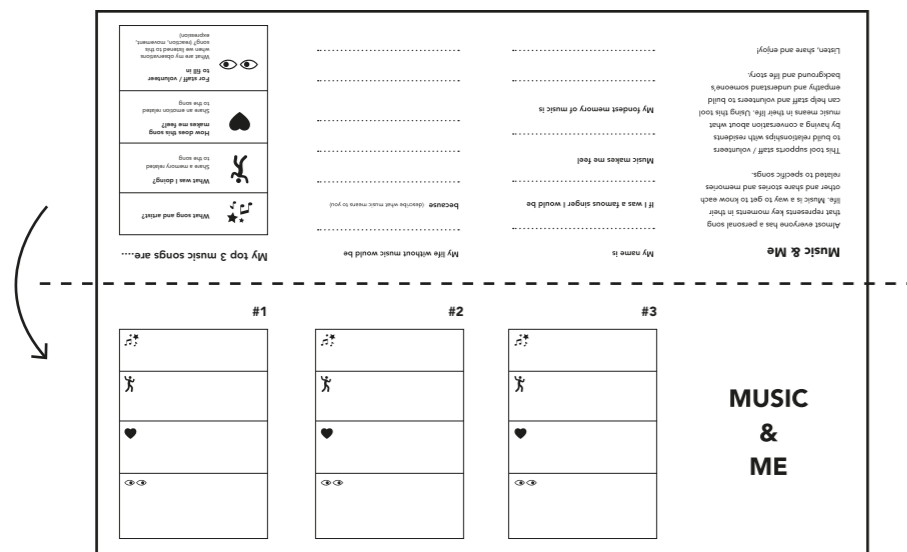
	
	
	
	

My top 3 music songs are....

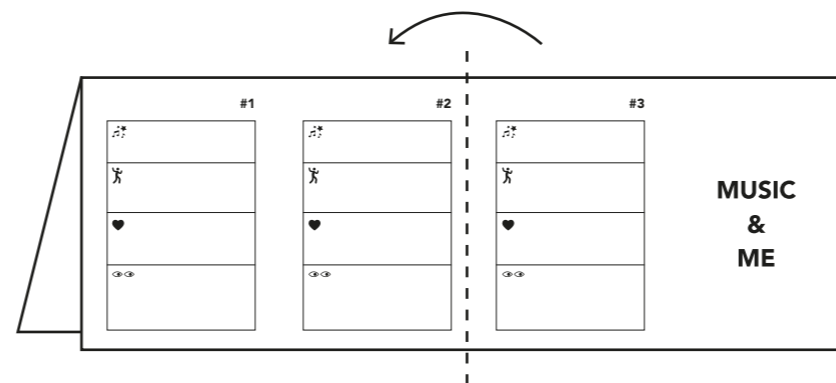
	What song and artist?
	What was I doing? Share a memory related to the song
	How does this song makes me feel? Share an emotion related to the song
	For staff / volunteer to fill in What are my observations when we listened to this song? (reaction, movement, expression)



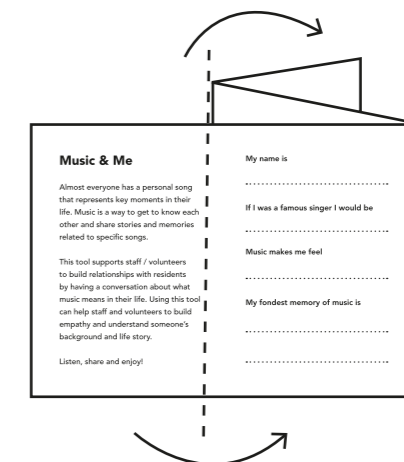
How to fold me?



1. Fold the paper in half lengthwise - the printed side as seen above will become the outside of the fold.



2. Fold it in half again - the printed side as seen above will become the inside if the fold.



3. Fold the front and back side back - the printed side as seen above will become the inside if the fold.