

# Therapeutic Recreation Protocol: Musical & Emotion

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## General Purpose

- To increase a sense of meaning through the facilitation of management of emotional distress.
- To increase capacity for happiness through music that produce pleasure and happiness.
- To increase self-awareness acceptance and congruence through providing opportunities to express identity through music.
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## Program Description

Participants are provided an opportunity to experience a variety of music, to discuss how music makes you feel and teach how music can be a positive coping skills.

## Materials Needed

- Music
- Instruments (drums, tambourines, triangles, wooden claves, shakers/maracas)
- Bubbles
- Hawaiian leis.
- Emotions chart
- You are my sunshine lyrics
- Guided imagery script

## Populations

**Targeted primarily at moderate-high functioning participants.**

**This activity may be easily modified for severe functioning by having them participate in the music and have participant verbally state how each song makes them feel and more simplistic processing.**

## Contraindicated Criteria

Participants with limited arm and hand abilities may need assistance or adaptations for instruments.

## Setting Up the Environment

**Participants will sit in a semi-circle and the participant will walk around to engage participation, and to provide positive feedback.**

## Intervention Activity

Begin the activity by greeting each participant and introducing yourself. Explain in very few sentences that we will be listening to a variety of music, and identify how each type of music makes us feel. Discuss the benefits of music. You will play each song, and ask each participant to identify how it makes them feel using the emotions chart after each song. Some songs will have instruments that the participants may play along with the song, and some songs will not.

Distribute instruments. Start the music.

Song 1: Bobby Darin-Hello Dolly-distribute instruments for residents to play along. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Song 2: Tennessee Ernie-16 Tons-have residents play a long with instruments. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Take away the instruments.

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Song 3: Frank Sinatra-Fly me to the Moon-ask residents to close eyes and enjoy the music, dance, or tap your toes to the beat. Ask participants "Did you ever dance to this song?" Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Song 4: Chicken dance- have the residents do the movements to the chicken dance for physical exercise: chicken beak hands, chicken wings, shake your tail feathers, clap 4 times.-Discuss how this song is a sill song, but how do silly songs make us feel? Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Distribute shakes/maracas

Song 5: Dean Martin-gentle in my mind. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Song 6: Glen Campbell-gentle in my mind. Discuss how this is the same song as Dean Martin, but the different tempos can change to the mood of the song. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Gather instruments and distribute wooden claves.

Song 7: Don Ho-Tiny bubbles. Blow bubbles during the song and have the participants pop the bubbles with the wooden claves. Ask participants if they blew bubbles when they were young and how did it make you feel. Allow for reminisce. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Song 8: Perry Como-You'll never walk along-inspiration. Use the wooden claves to conduct the music to how it makes them feel. Discuss how it makes you feel reflective, peaceful, thoughtful, calm. Etc. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Gather wooden claves. Distribute Hawaiian leis.

Song 9: Israel Kamakawiwo'ole-Somewhere over the rainbow. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Distribute you are my sunshine lyrics.

Song 10: Elizabeth Mitchel-You are my sunshine. Encourage residents to sing a long. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Song 11: Poetry of water background music. Read a guided imagery along with the background music. Discuss how this is a good activity to help relax and reduce pain. Discuss "If there's time you're in your room and waiting to get your pain meds, you can listen to music to help keep your mind off of the pain. Upon conclusion of the song, ask each participant to identify how that song made them feel and write down the song next to the feeling on the chart.

Discuss: "We went from silly, to dance, to calm and thoughtfulness, to upbeat, to your early childhood memories, to romantic and to guided imagery." Discuss with the participants how you can use music to help you cope. Have participants review the different songs and emotions they feel, and how if they want to feel these emotions again in the future, to just listen to the songs that triggered the emotions.

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### *Variation:*

*Have participants do a contest for air guitar.*

*Perry Como-unchained melody*

*Big band*

*Choose different songs based on your clientele's age, preferences and interests.*

### **Closure**

**Have each participant identify at least one song that can help them cope better.**

Thank each participant for coming and give them one compliment on their participation such as "I really enjoyed watching you move to the music" or "I saw you smile when you liked the music."

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You are my sunshine, my only sunshine  
You make me happy when skies are gray  
You'll never know dear, how much I love you  
Please don't take my sunshine away.

The other night dear, as I lay sleeping  
I dreamed I held you in my arms  
But when I awoke, dear, I was mistaken  
So I hung my head and I cried.

You are my sunshine, my only sunshine  
You make me happy when skies are gray  
You'll never know dear, how much I love you  
Please don't take my sunshine away.

You are my sunshine, my only sunshine  
You make me happy when skies are gray  
You'll never know dear, how much I love you  
Please don't take my sunshine away.  
Please don't take my sunshine away.  
Please don't take my sunshine away.