

# Sing-Along Sessions

Arts | Music



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## WHAT MAKES IT MEANINGFUL

Sing-Along Sessions are meaningful because they create a sense of connection and joy through shared music experiences. Singing together fosters a feeling of community, whether in person or online, and helps participants express themselves in a fun and uplifting way. These sessions boost confidence, enhance memory, and promote emotional well-being, as participants engage with familiar songs and rhythms. The act of singing also releases endorphins, reducing stress and bringing smiles, making it a powerful tool for building bonds and creating positive, memorable moments (American Psychiatric Association).

## TIME

10+ Minutes setup. Unlimited play.

## MATERIALS

- A device to play music
- A playlist of favourite songs
- OPTIONAL: lyrics can be printed out or you can put a karaoke version of the song from YouTube up on a screen where everyone can see
- Comfortable, open space
- A group of friends or family to play with



## INSTRUCTIONS

1. Choose a selection of songs that you love and enjoy singing. It could be popular hits, classic tunes, or even nursery rhymes—anything that makes you happy! If you're singing with others, ask them for their favorite songs too.
2. If you're not sure of all the words, you can print out the lyrics or display them on a screen. This will help everyone sing along without missing a beat. For added fun, choose songs with simple, catchy choruses that everyone can join in on.
3. Find a comfortable spot where you can sit or stand while singing. Make sure your music player is ready, and the volume is set just right—not too loud, but loud enough for everyone to hear the music clearly.
4. Before jumping into the songs, do a quick vocal warm-up. You can hum, do some simple scales, or sing “la la la” up and down in pitch. This helps get your voice ready for singing and makes it more fun.
5. Play the first song on your playlist and sing along! Follow the lyrics if you need to, or just sing from memory. Let yourself get into the rhythm and have fun with the music. If you're with others, encourage everyone to sing together—it's all about enjoying the music as a group!
6. If you're feeling extra energetic, add some simple dance moves or hand gestures to go along with the song. For example, clap your hands, snap your fingers, or wave your arms. This makes the sing-along even more lively and engaging.
7. If you're with friends or family, take turns being the lead singer. Each person can pick a song they love and lead the group in singing it. This makes everyone feel included and adds variety to the session.
8. For a fun twist, challenge yourself or others to sing certain parts of a song without looking at the lyrics. You can also try singing with different voices or accents to make it silly and entertaining.
9. Wrap up your sing-along session with a favorite song that everyone loves. Sing it loud and proud, and enjoy the feeling of singing together. This ending note leaves everyone with a big smile.

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## RESOURCES

- Music and it's positive effects on Mental Well-Being: [Psychiatry.org - The Transformative Power of Music in Mental Well-Being](#)
- Cognitive benefits of music: [How musical training affects cognitive development: rhythm, reward and other modulating variables](#)
- Power in play with music: [The Power of Music: To Feel, Heal, and Connect - MGH Clay Center](#)
- Giving encouragement and praise: [Praise, encouragement and rewards](#)
- How to make a Spotify Playlist: [Create playlists - Spotify](#)
- How to make a YouTube Playlist: [Create & manage playlists - Android - YouTube Help](#)
- How to make an Apple Music Playlist: [How to create a playlist in the Apple Music app - Apple Support \(CA\)](#)

## SUPPORTS NEEDED

Some individuals may also need a bit of encouragement for play! Be sure to prioritize creativity and independence in this activity.

## OTHER THINGS TO NOTE

Sing songs from different genres or cultures to explore new music. Use props like microphones (real or pretend) to make the session feel like a concert. If you're doing this online with friends, use video chat so everyone can sing together from their homes. A "Sing-Along Session" is a great way to bring people together, uplift spirits, and enjoy the joy of music. It's all about having fun and letting your voice be heard!