

SINGING



Purpose:

- Encourages development of self-expression.
- Encourages freedom of movement.
- Helps develop a love of music.
- Opens the heart and helps the group to connect with each other.
- It's fun!
- Extremely important to use songs that have positive words and meaning (inspirational) so that the unconscious mind is receiving positive messages.

Requirements:

- Stereo system (tape & CD) capable of producing good quality sound
- CD or tape of each song
- Printed song sheets for each song (if you're able to provide these)
- Person to operate stereo system

Format:

- Singing to take place at the beginning of each day (except on the first day), immediately after lunch break, and as last activity at the end of each day.
- Select two or three songs that you feel are most appropriate for the current stage of the program.
- Everyone to stand in a circle and link arms, as song sheets are handed-out.
- Song begins to play on the sound system and everyone sings along with this.
- Some people may move to the music, circle may sway in time with music, others may not sing and prefer to just be part of the circle. It's important that everyone is able to express themselves in whichever way is appropriate for them.

Song List: (sample of appropriate songs)



- "Can You Feel The Love Tonight", Elton John (The Lion King)
- "Circle of Life", Elton John (The Lion King)
- "Hero", Mariah Carey
- "From A Distance", Bette Midler
- "That's What Friends Are For", Dionne Warwick

"Koping Kidz Kall Out" CD (obtain from Koping Project, Queensland, Australia ph: 61 7 3355 8999 or email: Thy.Meddick@health.qld.gov.au

- You are You
- Friends Stick By You
- Feel Alive