

Music Memory Activity

Description: A balance and concentration activity where the participants listen for a specific word or phrase, perform a single leg stance when it occurs then recall the number times they heard the word or phrase at the songs completion.

Equipment: Audio set up for the playing of the song recording.

1. Have the participants stand to the right of their chair.
2. Place left hand on the top of the chair and use the “piano touch” by keeping a “light” grip on the chair.
3. Tell the participants the title of the song, name of the group and date released.
4. Tell the participants the word or phrase that they will need to listen for (usually the title).
5. Have the participants perform a single leg stance whenever they hear the selected word or phrase and to hold the leg stance.
6. When the word or phrase occurs again have the participants change legs.
7. Let the participants know that if they can't hold their leg up for the duration, that it's ok to move the leg to do toe taps.
8. At the completion of the song have the participants verbalize how many times they heard the selected word or phrase.

Music Attention

The title of the song, which is usually the phrase or word to be remembered will be in quotation marks. There will be a number in parenthesis to indicate how many times the word or phrase occurs in the song. When there are times that an additional word or phrase is to be remembered and it will also be in quotation marks. Although a lot of attention went into getting the correct frequency of the words or phrases for each song, please be aware that the version you download may be slightly different. Be flexible. Encourage everyone whether they get the exact number or not. This activity demonstrates how being mindful in paying attention will allow one to “hear” more of the song than just listening to the melody.

Music Memory Songs

1. "The Twist" (14) "twist/twistin" (17) Chubby Checker, 1960
2. "Rock Around the Clock" (11) Bill Haley and the Comets, 1954
3. "Oh, Pretty Women"(16) Roy Orbison, 1964
4. "Be Bop a Lula" or "bop a Lula" (16) Gene Vincent, 1956
5. "Daddy" (13) Sammy Kaye, 1941
6. "Chapel of Love "going to the chapel" (10) The Dixie Cups, 1964
7. "Purple People Eater" (14) "Purple People" (17) Sheb Wooley, 1958
8. "That'll be the Day" (16) Buddy Holly and The Crickets, 1957