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Ball Band

LEARNING SCENARIO BY SPOMINČICA ALZHEIMER SLOVENIJA

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Abstract

Activity that encourages active participation, social skills, musical expression and boosts physical activity. Participants will create music on pilates balls with the help of two sticks (drumsticks or similar) and singing. The music they will play will be folk and well-known on the national level, which touches the folk heritage, because with this activity we promote the preservation of the cultural heritage. Activity can also include grandchildren, children for kindergarten, carers, family, relatives, and employees in homes for elderly.

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Summary table

Subject	*Culture, Relationships*
Type of Activity	*Theather or museum*
Suitable setting for implementation	*This activity is not suitable for the online environment.*
Activity time	*1 hour (without breaks)*
Digital material	*Youtube of chosen songs for instrumental accompaniment, Mozilla Hubs*
Physical material	*Pilates balls, drumsticks or similar, chairs, whiteboard.*
Resources used	*Video about drumming on balls for elderly people (https://www.youtube.com/watch?v=imXohrKPqDA)*
Possible critical/complicated situations	- *The participants do not know the song or do not remember the melody: in this case, the facilitator plays the song via YouTube and help them remember. It is also important that in the icebreaker acitivity they choose songs together so that every participant know the song.* - *Participants decide that they no longer want to participate: the facilitator should not force anyone.* - *Participant forgets the song: at the beginning, the facilitator should emphasize that mistakes are welcome, and there is no right or wrong. At the same time, he/she should guide them and help them with the melody.*

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Integration into the methodology

This activity addresses mental and physical health through musical expression. Old folk songs can stimulate participants' well-being and memories of their young days.

Aim of the activity

The purpose of this activity is to improve mood, achieve a state of being here and now, promote relaxation, alleviate chronic pain and improve cognitive function, including attention, short-term memory, and ability to follow cues. The activity also strengthens cultural awareness, as the participants will perform folk songs.

Outcome of the activity

The result is an improvement in the mental and physical well-being of the participants.

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Pre-Activities

- Before carrying out the activity, the facilitator determines a suitable space for the activity (museum or theather).
- The facilitator prepares a list of well-known folk songs and YouTube links to these songs.
- The facilitator prepares the necessary materials for carrying out the activity: pilates balls, drumsticks (or similar), and chairs.

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Activities

Name of activity	Procedure	Time
Welcome	The facilitator starts the activity by introducing themself and what they will do in this activity. The facilitator presents the flow and the purpose of the activity.	5 minutes
Icebreaker	The facilitator invites the participants to do **icebreaker**: each participant says his name and his/her favorite song. After that, they talk about and pick together 3 – 5 songs they will play on balls.	10 minutes
A little practice	Each participant gets their own pilates ball and drumsticks. The facilitator guides the participants on how to hold the sticks and how to hit the balls correctly. They practice freely.	5 minutes
Art-exploring and art-making	The facilitator starts by playing the melody, a YouTube melody can also help, and singing the lyrics. After that, they sing and play together. The number of songs learned and played varies on the motivation of the participants (around 3 – 4).	20 minutes
Break		5 minutes
Drumming	In this session participants will perform learned songs to grandchildren, children from kindergarten, careers, relatives, or employees.	10 minutes
Break	Drink a glass of water and discuss about the session.	5 minutes
Closing	The facilitator asks the participants about their thoughts on the workshop. He/she makes room for feedback, asking questions like: *What were your favorite aspects of this activity session? What parts would you rather change? How? How do you feel after this activity?*	10 minutes

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Participants' feedback

In the closing activity facilitator asks the participants about their thoughts on the workshop: What were your favorite aspects of this activity session? What parts would you rather change? How? How do you feel after this activity?

AIDA Hubs

The facilitator can take pictures and videos of participants playing and singing and upload it to AIDA HUBS with the aim of spreading good practice among relatives, carers, and other experts in the field of working with people with dementia.

Evaluation

Visual analogue scale (VAS) and Semi-Structured Interview will be applied for the evaluation.

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