

Reminiscence with Rebekah

Virtual Sing Along

Theme: Rain, Rainbow, & Sunshine

Duration: 1 hour

- 10-15 minutes to read over discussion questions
- 47 minutes for the YouTube sing along.

Welcome!

Thank you so much for joining me for ‘Reminiscence with Rebekah!’ This week’s theme is: Rain, Rainbow, and Sunshine! Take a look at the ‘pre-session’ notes and read through the questions before starting the sing along. Feel free to engage in answering the questions with a loved one at home (spouse, son, daughter, Caregiver, etc.) or read through the questions on your own.

Here are a few things to get ready before starting the YouTube video!

Pre- session

1. Print out the PDF lyrics for the Sing Along so you can sing along at home!
2. Feel free to contact me if you need a larger font.
3. Find a quiet, comfortable, spot at home- grab some tea, coffee, or water and read through the discussion questions.
4. Press play on the link in the email and get ready to sing along!

Discussion Questions:

Before reading through the questions- think back to a rainy day. What did you enjoy about the rain? Were you curled up under a blanket with a book and tea? Did the rain make you happy or

sad? Or did you just feel like taking a nap all afternoon? Below are some further questions to consider before starting the YouTube sing along video.

- Do you like the sound of the rain?
- Do you like the feeling of being in the rain?
- Do you like the smell of rain?
- Were you scared of storms when you were a child?
- Have you sung in the rain?
- Isn't it so nice when the rain clears and the sun comes out? And even better- what about a rainbow?
- What is your favourite part of a rain shower or storm?
- Can you think of a memory you want to share of being caught in a thunderstorm?
- What are some things that you enjoy/enjoyed doing in the rain?
- What sort of emotions or feelings are associated with storms? How about when the sun starts to shine and a rainbow appears? Are there some feelings of hope when this happens?
- Are there any other thoughts you have when it comes to rain, rainbows, and sunshine?

Now sit back- relax! Hang on to your printed lyrics- or your iPad (which has the lyrics)- and press play on the YouTube video. Enjoy!