

Reminiscence with Rebekah

Virtual Sing Along

Theme: *Changes in the Weather*

Duration: approximately 45 minutes

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

Welcome!

Thank you so much for joining me for ‘Reminiscence with Rebekah!’ This week’s theme is: *Changes in Weather*. 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.
rebekahkoop@gmail.com
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!

Title: ‘Reminiscence with Rebekah: Changes in the Weather’ (32:15)

There is no condensed video for this Sing Along package.

Discussion Questions:

Below are some questions to consider before starting the YouTube sing along video.

- Have you noticed the weather changes this October?
- What is your favourite season?
- What feelings do you have when you see the first snowfall? Are you excited?
- When does the first snowfall usually happen?
- How does the rain make you feel? Sometimes I have low energy when it rains- does your mood get dampened when it rains?

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!

Additional songs to listen to at the end of the session either on YouTube or Apple Music:

- Singing in the Rain
- Here Comes the Sun- the Beatles