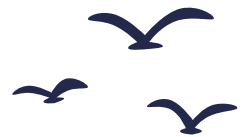


Summer Music and Conversation Activity Pack



Created by dementia specialists who've worked as Activity Directors, Care Home Managers, and Trainers, bringing real-life experience to activities.

Let's get chatting

Childhood Memories

What did a perfect summer's day look like when you were young?

Did you go to the seaside? Where did you go, and what do you remember?

Can you remember a summer holiday you loved?

What games did you play outside in the summer?



Food & Treats

What was your favourite summer treat as a child?

Did you ever buy ice cream from a van or shop?

What flavour did you choose?

Can you remember a family picnic or barbecue?

What foods remind you of summer?



Let's get chatting

Sounds, Smells & Feelings

What does summer smell like to you?
(Fresh-cut grass, sea air, etc.)

What sounds remind you of summertime?

Did you like the heat, or prefer the shade?

What kind of clothes did you wear in
summer growing up?



Holidays & Travel

Did your family go away in the summer or
stay local?

How did you travel, by car, train, coach?
What was that like?

Was there a summer you spent abroad or
somewhere unusual?

Do you remember packing for a trip?
Was it exciting or stressful?



Let's get chatting

Simple Summer Joys

Did you ever pick your own strawberries or grow vegetables?



Did you enjoy sitting in the garden or going for walks in the summer?

What do you enjoy most about summer now?

Do you remember making daisy chains or blowing bubbles?



Summer Traditions & Quirks

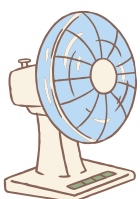
Did you ever get sunburnt or wear a funny sunhat?



What did people do to keep cool in the summer before fans and air conditioning?

Were there any summer chores you didn't enjoy? (Weeding? Hanging washing?)

Do you remember any local summer fairs, street parties, or church fetes?



Action Songs

Facilitator Guide



Action songs are more than just a bit of fun, they encourage gentle movement, boost mood, and create shared moments of joy. Familiar tunes can spark memories, while simple actions offer a way to join in without needing words.

Tips for Leading a Successful Session

1. Choose a familiar tune

Stick to well-known songs (like Oh I Do Like to Be Beside the Seaside) to increase recognition and comfort. Even if the words are new, the tune helps people join in naturally.

2. Model the movements

Always do the actions yourself — slowly and clearly. Keep gestures exaggerated and repeat them often. Most people will follow your lead, even without singing.

3. Keep it light and flexible

It's okay if no one sings or if someone joins in halfway. The goal is enjoyment and participation, not performance.

4. Use props if you like

A sunhat, sunglasses, or beach towel can make songs more visual and fun. Let people hold or pass them around if it feels appropriate.

5. Watch for non-verbal engagement

Some people may smile, sway, or tap their fingers. These are signs of enjoyment and connection — they matter just as much as singing along.

6. Repeat, repeat, repeat

Familiarity builds confidence. Repeating the same songs across a few sessions can help people remember the movements and join in more fully over time.

Sample Routine

Start with a short introduction: "Let's sing a couple of songs about the seaside."

Choose 1 - 2 songs max per session.

Pause between verses to allow time for movement and smiles.

End with positive encouragement - "You were brilliant at the waves!" or "That sunhat dance was lovely."

Action Songs

We're All Going on a Summer Holiday



Tune: Cliff Richard's "Summer Holiday"

We're all going on a summer holiday
(Pretend to drive)

No more working for a week or two
(Swipe hand like saying "no more!")

Fun and laughter on our summer holiday
(Laugh gently or clap)

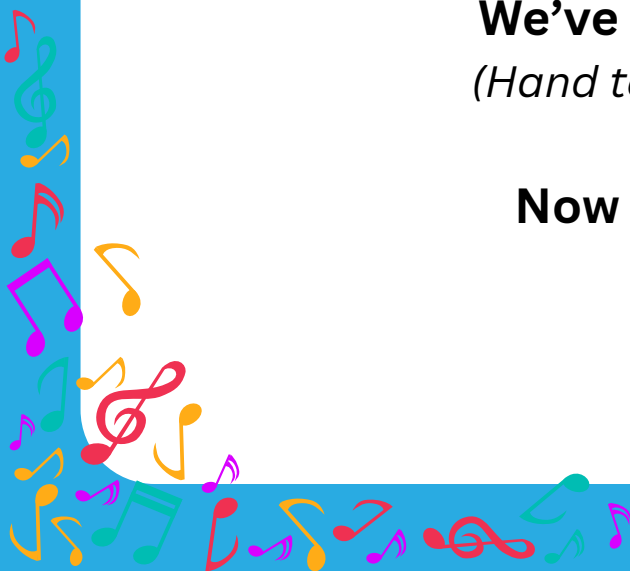
Lots of things to see and do!
(Point around the room)

We're going where the sun shines brightly
(Arms overhead like sun)

We're going where the sea is blue
(Wave arms like the ocean)

We've seen it in the movies
(Hand to forehead, looking out)

Now let's see if it's true!
(Nod and smile)



Action Songs

Out in the Garden



To the tune of "You Are My Sunshine"

Out in the garden, the flowers blooming
(Be arms like a flower opening)

The birds are singing, the skies are blue
(Cup ear, Point to sky)

I feel the sunshine, it's warm and lovely
(Rub arms like soaking up warmth)

And I'm so glad to spend this time with you
(Point to someone with a smile)

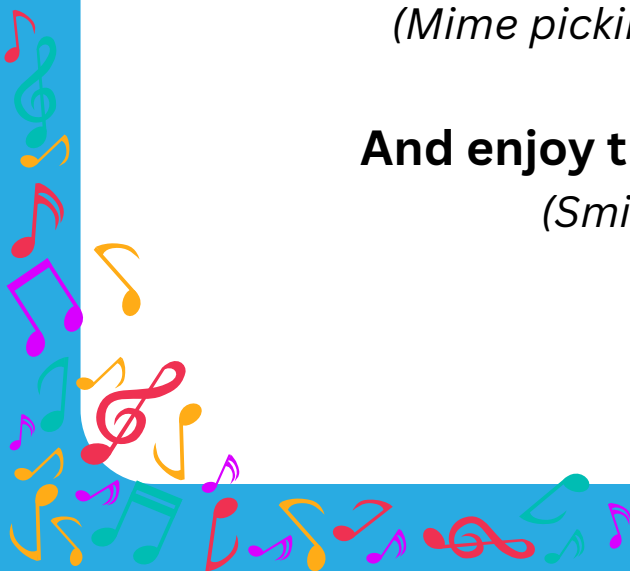


The breeze is gentle, the bees are buzzing
(Fingers wiggle like bees flying)

The grass is soft beneath my feet
(Hands pat legs gently or mime stepping)

Let's pick a daisy, or just sit quietly
(Mime picking flower, then hands in lap)

And enjoy this peaceful summer treat
(Smile, hands over heart)



Action Songs

Summer's Here, Let's Join In!



To the tune of "If You're Happy and You Know It"

Put your sunhat on your head — nice and snug!

(Mime putting on a hat)

Rub your arms all with sunscreen, not too much!

(Rub arms gently)

Pack a towel and fold it neatly,

(Mime folding)

Slip on sandals on your feet

(Point or tap feet)

Summer's here, let's join in and feel the sun!

(Stretch arms up like sunshine)

Lick your ice cream cone with glee — one, two, three!

(Mime licking ice cream)

Fan yourself — it's oh so warm, don't you see!

(Wave hand like a fan)

Hear the waves go crash and roar,

(Pat legs in a wave rhythm)

Build a sand castle on the shore

(Mime scooping sand)

Summer's here, let's join in — come with me!

(Beckon with a smile)

Dip your toes into the sea — ooh, that's cold!

(Wiggle fingers down by toes)

Catch a beach ball, throw it back, big and bold!

(Arms out like catching)

Wave to seagulls flying past,

(Big wave up high)

Take a photo — click it fast!

(Mime pressing a camera button)

Summer's here, let's join in — everyone!

(Hands together, big smile)



Reminisce

How did that song go?

In the Summertime

Mungo Jerry

"In the summertime, when the weather is high, you can stretch right up and touch the sky..."

- What were you doing in the 70s when this was popular?
- Can you remember hot summers from years past?
- What did you wear in warm weather?



Those Lazy-Hazy-Crazy Days of Summer

Nat King Cole

"Dust off the sun and moon and sing a song of cheer..."

- What does a relaxing summer day mean to you?
- Did your family have picnics?
- Did you ever dance to songs like this?

Under the Boardwalk

The Drifters

"Under the boardwalk, down by the sea..."

- Did you visit a seaside town like this?
- What music reminds you of summer romances?
- Do you remember walking on the pier?



Reminisce

How did that song go?

I Do Like to Be Beside the Seaside

Traditional

"I do like to be beside the sea..."

- Can you sing along with this one?
- What games did you play at the beach?



Walking on Sunshine

Katrina and the Waves

"I'm walking on sunshine, whoa – and don't it feel good!"

- Do you remember hearing this on the radio or TV?
- What kind of clothes did you wear in the 1980s?
- When was the last time you really felt the sun on your face?

Here Comes the Sun

The Beatles

"Here comes the sun, and I say, it's all right..."

- What memories come back when you hear this song?
- Were you a Beatles fan? Do you remember when they first became popular?
- Can you recall a time when the sunshine made everything feel better?

