



THIS IS THE BRILLIANT MUSICAL  
SOUNDTRACK TO THE LIFE OF

\_\_\_\_\_

WRITE YOUR PERSON'S NAME HERE!



Date of birth

\_\_\_\_\_

STICK A PHOTO OR  
DRAW YOUR PERSON  
HERE AND FILL IN  
THEIR BIRTHDAY!

WRITE YOUR OWN NAME HERE!

Created by Music Detective:

\_\_\_\_\_



Playlist  
for Life

# TO THE MUSIC DETECTIVE FILLING IN THIS BOOKLET...



**Did you know that music sticks in your mind more than anything else?**

By the time you are old, you have a whole 'soundtrack to your life'. That's all the tunes that are attached to your feelings and memories. When an older person hears those tunes it brings back those feelings and memories.

I'm a Music Detective. I help people to track down the soundtrack to their life and turn it into a playlist. It's a lovely thing to do and is a great way to get to know someone.

But a lot of older people aren't very good with technology - that's where you come in.

This booklet has seven Music Detective lessons so you can create a playlist for an older person you know. Then you can help them to listen to all their memories and feelings by teaching them how to use technology.

Let's get started.

## **ANDY, THE MUSIC DETECTIVE**

**(AND TREBLE, THE DOG - WATCH OUT FOR HIS JOKES!)**

### **STUCK?**

If you get stuck at any point, don't worry! Head to [www.playlistforlife.org.uk/detectives](http://www.playlistforlife.org.uk/detectives) for more help.

### **You will need:**

- an older person
- access to the internet
- a notebook and pen
- BBC Music Memories

FIND BBC MUSIC  
MEMORIES BY TYPING:  
[WWW.BBC.CO.UK/  
MUSICMEMORIES](http://WWW.BBC.CO.UK/MUSICMEMORIES)  
INTO YOUR INTERNET  
BROWSER

# Lesson 1

## LOOK FOR A REACTION

Find meaningful music for your soundtrack by playing tunes to your person and looking for a reaction. Visit BBC Music Memories and find a tune that makes your person do one of these:



smile



tap  
feet



tell a  
story

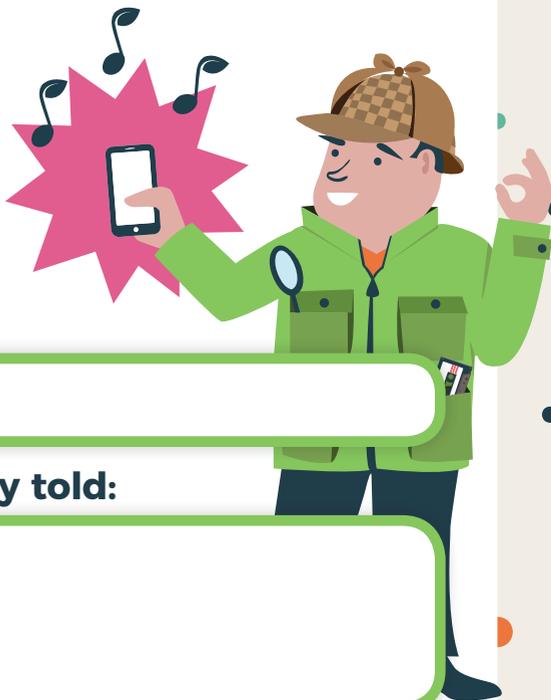


sing  
along

WHAT DO YOU  
CALL A COW  
THAT CAN PLAY  
A MUSICAL  
INSTRUMENT?  
A MOO-SICIAN!



Ask what the tune means to them. Find out the story behind it. Add the tunes that get a strong reaction and get rid of those that don't. Note the stories behind each tune in the spaces in this booklet.



**Tune Number 1:**

**Reaction or story they told:**

## Lesson 2

# MUSIC CAN BE EMOTIONAL

Music is powerful. Some songs can even make us cry! If this happens, don't be afraid. Tears can be sad or happy. You need to work out which.



I LOVE THIS SONG!

### WHAT TO DO:

Hold the person's hand. Ask if the person is alright. Are they remembering a happy time or a person they loved? Comfort them and hold their hand until they feel better.

If the tears are not happy, stop the music straight away. Fetch another grown-up to help you.

Sometimes tunes are attached to bad memories - this is a Red Flag Song. Hopefully you won't come across any, but if you do, make a note here so you do not play that tune to them again.

### Red Flag Songs:

## Lesson 3

# IMPORTANT PLACES

The tunes from the places we grew up and lived have lots of important memories attached.

### QUESTIONS YOU MIGHT WANT TO ASK:

- Where were you born?
- Where did you grow up?

BBC Music Memories has tunes from all around the UK and the world. Find and play some tunes from where your person is from and look out for a reaction.

### Tune Number 2:

### Reaction or story they told:

### MORE QUESTIONS TO ASK:

- Did your parents come from somewhere else?
- Have you ever lived anywhere else?



# Lesson 4

## HOBBIES AND INTERESTS

Our hobbies and interests leave their musical mark on our lives. You can find out a lot about your person through this music.



### QUESTIONS YOU MIGHT WANT TO ASK:

- What do you like to do?
- Have you been part of a club or group?
- What hobbies have you had in the past?
- Are you religious?

Use the social music button on BBC Music Memories to find music related to their hobbies.

HOW DO FOOTBALLERS STAY COOL DURING GAMES? THEY STAND CLOSE TO THE FANS!

### Tune Number 3:

### Reaction or story they told:

## Lesson 5

# TV TUNES

One of the best parts of a great TV programme is the theme tune and these can stick with us long after the show has ended.

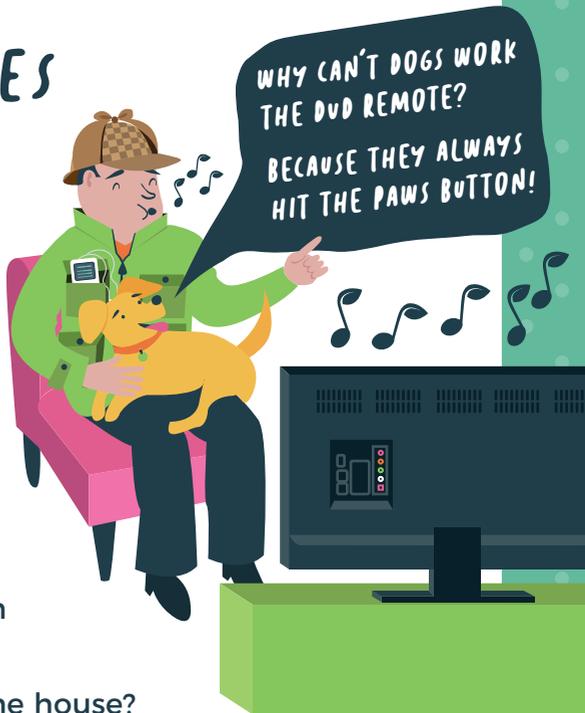
### QUESTIONS YOU MIGHT WANT TO ASK:

- What was TV like when you were growing up?
- Did you have a TV in the house?
- What did you watch?

Use the Theme Tunes button on BBC Music Memories to play through some classic TV and radio tunes.

### Tune Number 4:

### Reaction or story they told:



**Lesson**  
**6**

# THE MEMORY BUMP

Did you know that we make the most memories from the ages of 10-30? This time of our lives is called The Memory Bump. There will be lots of musical memories from this time.



Work out your person's Memory Bump using this equation:

**Birth year:**  + 10 = **Start of Memory Bump:**

**Birth year:**  + 30 = **End of Memory Bump:**

Use the Popular Music button on BBC Music Memories. Click on the decades from your person's Memory Bump and play through the songs with them.

**Tune Number 5:**

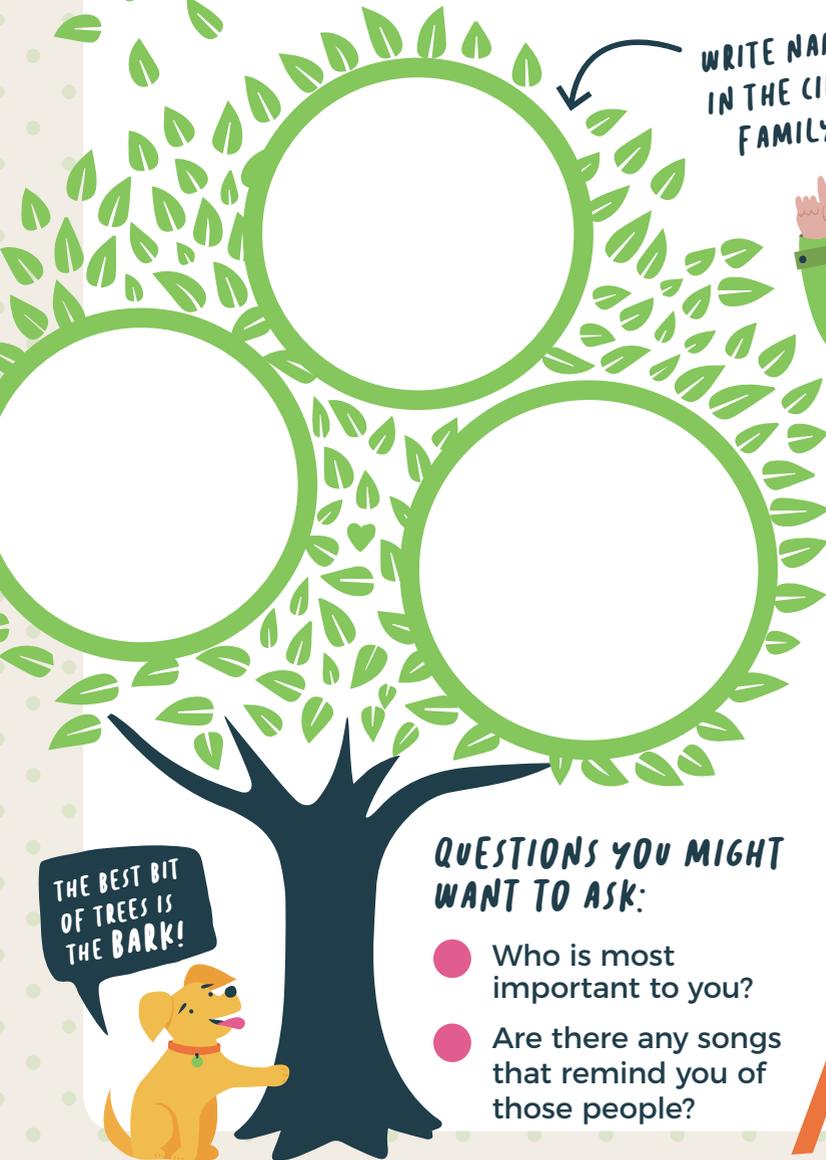
**Reaction or story they told:**

# Lesson 7

## IMPORTANT PEOPLE

We inherit music from the people we love. Tunes remind us of family, friends and others who have been important to us.

WRITE NAMES AND TUNES IN THE CIRCLES ON THIS FAMILY TREE!



### QUESTIONS YOU MIGHT WANT TO ASK:

- Who is most important to you?
- Are there any songs that remind you of those people?

# THE PLAYLIST



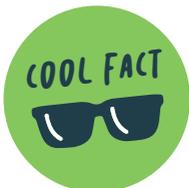
YAY! YOU DID IT!

Write down some of the tunes and memories you have found below.

**Tune**

**Memory**

Tune	Memory



## **Music can be as powerful as medicine!**

In one care home in Glasgow, doctors are prescribing playlists instead of pills for people with dementia. They have reduced the use of medication by 60%. Find out more about dementia at [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk).

# CONGRATULATIONS!

**Well done on tracking down the soundtrack to your person's life! You've completed all the steps to become a Music Detective like me. But your journey doesn't stop here...**



## Write down your playlist

Visit [www.playlistforlife.org.uk/detectives](http://www.playlistforlife.org.uk/detectives) to download a Personalised Music Journal to note down the tunes and memories.

## Share your hard work!

Show this booklet and the finished playlist to friends and family. Play the songs to them and share what you have learned about your person. Have they heard these songs and memories before?

## Get the playlist to your person!

Being able to listen to this music will be a lovely gift for your person. Have a think about what's the easiest way for them to listen to the playlist. You could:

- Create a Spotify playlist
- Download the tracks onto an mp3 player or USB stick

Pick the method that's easiest for both of you. You might need to get some help to gather the music together. You might also need to help your person to then listen to the music. Use this as an opportunity to spend time with them and chat about the memories attached to the songs.

**DON'T FORGET  
THE BEST BIT  
ON THE BACK  
PAGE...!**





WHAT TYPE OF MUSIC ARE  
BALLOONS SCARED OF?  
POP MUSIC!

## Claim your certificate!

Once you're finished, ask your  
parent or carer to email me  
your playlist and I will send your  
Music Detective certificate:

**musicdetective@  
playlistforlife.org.uk**

**HEY PARENT OR CARER! READ THIS!** ↷

Only people over 13 can email the Music Detective. Emailing your child's playlist to **musicdetective@playlistforlife.org.uk** gives consent to receiving an automatic email with your child's certificate and receiving further emails about our work. You can opt out at any time. For more information see our privacy policy at **playlistforlife.org.uk**.