



## Music conversation starters

Music is a great way to connect with others, be that new people or those you know well.

If you would like to talk about music with someone you support, these conversation starters are a great place to begin. They are open questions and statements that don't require a wide musical knowledge.

# How are you feeling today?

This is a simple but important question.

The answer will help you steer the conversation and determine how music can fit into this (or not - the person may not wish to engage with music today, which is a valid choice).

# What was the last piece of music you listened to?

Asking for a favourite song or artist can sometimes be overwhelming. This question has only one answer and is a good conversation starter.

## When do you like to listen to music?

This answer can tell you a lot about a person, for example if they use music to relax or for an energy boost.

# What type of music would you like to listen to today? Slow or fast? Calming or energetic?

This helps to find music that suits the person's mood that particular day. Each day is different and music can be used to reflect that.

# How does this piece of music make you want to move?

This question can be used to encourage people to get involved on their own terms. They may want to clap and dance or they may want to hum and sway.

## This song reminds me of... What does it make you think about?

If you are not familiar with a particular song, you can still have a conversation by talking about what you think of a song, how it makes you feel and asking your conversation partner the same.

## Whilst you listen to this song, imagine...

We can use a song to transport us elsewhere. An example of this could be listening to a song about the ocean and imagining you are at the beach.



## Pick out elements of a song to share a story or experience.

This could be a story of your life, a memory you share with the person you are speaking with, or a fact you know related to the song. Conversations about music do not necessarily need to be about musical concepts but can be used as an opportunity to learn about each other.

## How are you feeling now?

Taking notice of the effect that listening to music has on how the person is feeling is important and might be something you can refer back to in future.

# I noticed that you reacted this way to the music...

Simply stating that you noticed someone react in a particular way can be a great way to start a conversation.

## How did listening to the music make you feel?

Music can give us access to all kinds of emotions and they are all valid. Even if a song made someone sad, it is still valuable and they may not be able to express those emotions at other times.

# What song did you particularly enjoy/relate to?

The answer to this question can give you a starting point for what type of music you might like to listen to together next time.