

## Two Songs to Keep in Your Back Pocket

*FREE Music Downloads and Activity Suggestions*

*By Mary Sue Wilkinson,  
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My gift to you this season is music! Here are two songs I recorded just for you. One song, *I've Been Workin' on the Railroad*, is lively and fun and can be used to motivate and energize. The other, *The Irish Lullaby*, will have a calming and soothing effect. I call these "back pocket songs" because they are simple and easy to use. Just "pull them out of your back pocket" as needed. Sing them yourself or download them to your phone or I Pad and keep them in your "back pocket." I'm also sharing a brief activity guide for each song to get you started.

Would you like to learn more? You can find my book *Songs You Know by Heart: A Simple Guide for Using Music in Dementia Care* in the [Care Store](#). The book includes eighteen additional songs I recorded with two of my favorite musicians, along with a valuable contribution from Teepa.

Keep a song in your back pocket *and* in your heart!  
Happy holidays!

*From,*

[Singing Heart to Heart](#)

**Download the Music and Activity Guide for *The Irish Lullaby* and *I've Been Workin' on the Railroad* [here](#).**