



## Music

The melting pot of cultures across the Caribbean have made this region one of the most fertile breeding grounds for music anywhere in the world. Every island and every stretch of coastline boasts at least one signature style of music.

Playing music can prompt memories, with the person's musical memory often unaffected by dementia. Music also plays an important role in raising someone's mood, helping support their wellbeing.

Reggae is the best-known of Jamaica's many styles of music and finds its roots in traditional mento music, ska and rocksteady.

Calypso comes from the islands of Trinidad and Tobago.

Salsa is one of Cuba's most popular exports.

Bachata has grown to rival Merengue as the Dominican Republic's most popular genre of music.

Religion is at the heart of Caribbean culture and religious songs are among some well known popular songs inside and outside of church.

Discover a whole range of music, carefully curated by members of the Caribbean Social Forum.



**Listen** to the music in the playlists by using the QR codes on the reverse of this sheet



**Touch** the 'music' objects in the box



**Look** at the postcards marked 'music'

- What is your favourite music?
- What does your favourite song make you think of?

# Music playlists



Gospel



Lovers Rock



Rock Steady



Soca



Soul Funk



Soul Melodies