

Personal Playlist (BGC)

Students will create a playlist that represents the myriad of emotions they have experienced, and they can explore using music to transition from an emotion they feel that they do not want to feel as much anymore into an emotion that they want to feel more.

INSPIRE

Ask students about the music they like. Do they prefer upbeat songs? Slow songs? Songs with lyrics? Songs without lyrics? What types of emotions do they feel when they listen to certain styles of music?

PRACTICE

Have students create a list of emotions, and think of songs that express each emotion.

Have them order the emotions into a list starting with the emotions that they don't really like feeling and moving to the emotions that they prefer to feel.

RECORD

Record the class (or just the students who want to be recorded) singing, dancing, beatboxing, using body percussion, etc to one of the songs they chose from the WURRLY catalog.

REFLECT

Did students have trouble finding songs to fit with the emotions? Did anyone have the same song for the same emotion? Do the same things make people feel the same emotions? Is it possible for the same song to make two people feel completely differently? Why do you think that is?

TAKE IT FURTHER

For older students: Students can create a playlist based on breaking out of an emotional pattern they don't want to be in. For example, if students feel angry, frustrated, anxious, sad etc and want to move to feeling a different emotion, they can create a list of emotions that lead from the emotion they don't want to feel as much, to an emotion they would prefer to feel.

Next, they can use the personal playlist idea to create a playlist of songs that transition from one emotion into the other.

MATERIALS NEEDED

iOS, Android, or Chromebook device

DIFFERENTIATIONS

Students can think of one song that fits with one emotion if creating an entire list is challenging.

SUGGESTED ASSIGNMENTS

Listen to your personal playlist during the week! Feel free to sing, dance or play along.

ACTIVITY

Students will create a playlist that represents the myriad of emotions they have experienced, and they can explore using music to transition from an emotion they feel that they do not want to feel as much anymore into an emotion that they want to feel more.

SKILLS

MUSICAL

Group Performance
Individual Performance

EXTRAMUSICAL

Critical Reflection
Emotional Recognition & Empathy
Effective Communication

TAGS

SUBJECTS

Therapeutic Music Activities

SKILLS

Critical Reflection
Effective Communication
Emotional Recognition & Empathy

MUSICAL SKILLS

Group Performance
Individual Performance