

MUSIC THAT INSPIRES ME

MATERIALS |

access to YouTube or other music internet site

OBJECTIVES | The objectives of this activity are to understand how music can inspire us and to identify which particular songs we find inspirational.

FACILITATOR INSTRUCTIONS |

Introduce the importance of music in many of our lives.

- Music can put how we feel into words and sounds. It can make us happy or sad. It can make us want to dance or sing. It can also inspire us to be the best we can be. Today we are going to share with each other some of the songs that have inspired us to be our best selves.

Facilitators should model this by either:

1. Playing a song for students that inspires YOU to be your best self and explaining why you chose that song.
2. Playing one or more songs that others find inspirational

Ask participants to think of a song that they find inspiring, motivating, or calming and why.

Invite participants to play their song for the group. They should write their song and artist on a list when they come up to play it to create a group playlist.

Participants should sit quietly as the song is played and listen to the lyrics closely.

After each song is over, the person who chose it should explain why they chose the song and why they find it to be inspirational.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What did your songs have in common?
- How were they different?
- When could we listen to these songs?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/sharing-who-we-are/>

NOTES |

If teachers have access to YouTube (Pandora, Spotify, etc.), most songs will be easy to find through a search feature. Students can tell the teacher their song and artist and the teacher can search and play it. If there is a video with the song you could play that as well. Speakers may be required. Be prepared to address inappropriate language in songs or play “clean” versions.

EXTENSION: Select someone to coordinate collecting all of the class play lists. Decide with students how to best give them the list (e.g. YouTube links, a Spotify play list, etc.). Students can then play this list whenever they are feeling down or need a bit of inspiration.