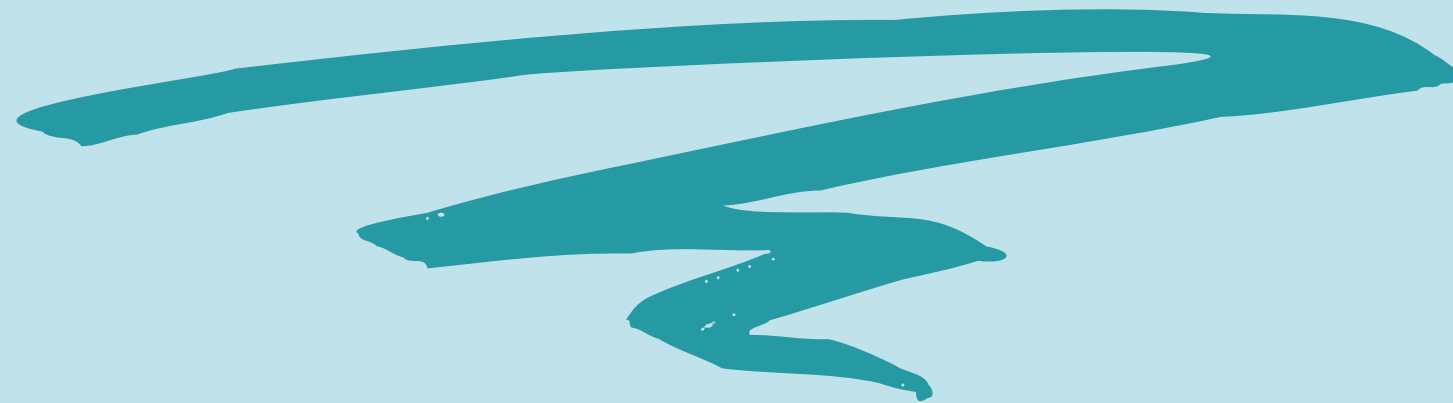




KNOW YOURSELF

MY LIFE'S PLAYLIST



INTRODUCTION

Today, we will:

- * Analyze our relationship with music and its effect on our mood
- * Create a playlist that matches our life, style and identity



SEL CONNECTION



Today, we will practice **self awareness** by reflecting on the music that is meaningful and impactful to us.





ICEBREAKER

I LOVE MUSIC





I LOVE MUSIC

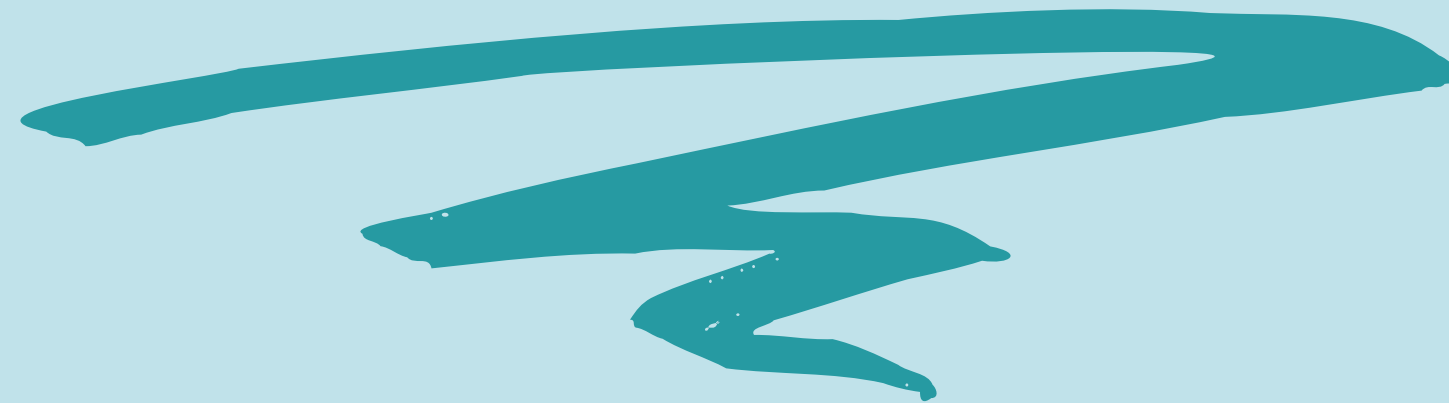
- What is your favorite song or favorite type of music?
- Why do you like it?
- How does it make you feel?





LESSON PART ONE

MEMORABLE MOMENTS



LESSON: PART ONE



TALK ABOUT IT

MEMORABLE MOMENTS

Prepare for active viewing of the “Chloe X Halle Create a Playlist for Their Lives” video by reviewing the following “look fors”:

- What surprised you about Chloe and Halle’s playlist?
- What did you like about Chloe and Halle’s playlist?



LESSON: PART ONE



WATCH A VIDEO

MEMORABLE MOMENTS

Watch “Chloe X Halle Create a Playlist for Their Lives.”



LESSON: PART ONE



TALK ABOUT IT

MEMORABLE MOMENTS

Reflect and discuss the video:

- What surprised you about Chloe and Halle's playlist?
- What did you like about Chloe and Halle's playlist?





MEMORABLE MOMENTS

1) Use the graphic organizer to think of up to ten memorable moments in your life.

2) Write what you saw, thought and felt.

EXAMPLES

- A special birthday
- Winning a sports game
- Getting braces
- The first day of middle school
- Going camping





LESSON PART TWO

MY LIFE'S PLAYLIST



LESSON: PART TWO



MY LIFE'S PLAYLIST



- 1) Choose 5 moments from your “Memorable Moments” column.
- 2) Begin creating your playlist by matching music with the moment.

EXAMPLE

For my birthday morning, I want to hear “Good Day” by Nappy Roots because of its positive tone and message.





DEBRIEF / EXTENSION





MY LIFE'S PLAYLIST

- What new perspectives, or points of view, did you consider when completing this activity?
- What were your roadblocks?
- How did you move through these challenges?

