



Highs and Lows

Note Catcher

In this lesson, students will analyze lyrics from "The Highs and the Lows" by Chance the Rapper and Joey Bada\$\$ and complete a "yes and..." exercise with a partner.

LESSON PART ONE

Analyze lines 1-4 and lines 5-8 of "The Highs and Lows" separately while responding to the guiding questions below.

1 When it's hard to keep your eyes on the road

2 And you feel your back's on the ropes

3 You gotta take the highs with the lows

4 You gotta take the highs with the lows

5 You're lost, and you're runnin' out of hope

6 Lookin' for the best way to cope

7 Just know we all been there before

8 You gotta take the highs with the lows

Which lines from the hook of the song are resonating with you?

(Continued below)



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LESSON PART ONE (CONTINUED)

What connections can you make to your life?

What feelings are coming up for you as you think about these lyrics?

(Continued below)



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LESSON PART ONE (CONTINUED)

Analyze all the lyrics from "The Highs and Lows" and respond to the questions below.

What lyrics from Chance the Rapper or Joey Bada\$\$ speak to effectively handling the ups and downs of life?

What feelings are coming up for you as you think about these lyrics?

Share an idea you have about applying these lyrics to your life.

(Continued below)



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LESSON PART TWO

Yes, and...

Step 1: Students will exchange worksheets with their partners.

Step 2: Students will look at the lyrics their partner selected.

Step 3: Students will respond to the idea their partner has about applying these lyrics to their life.

Yes, and... (share response below)