

## FEELINGS IN MUSIC, MUSIC IN FEELINGS



Music is a powerful tool that helps people express their emotions, process difficult experiences, and find comfort during challenging times. After a natural disaster, emotions like fear, sadness, and uncertainty can feel overwhelming, but music can provide a sense of hope and strength.

In this lesson, we will explore how different types of music influence our emotions and help us build resilience.

The proposed sample combines class work with homework, suitable for individual and group projects. Teachers can adapt and implement them as best suits their educational context

### Lesson

Music

### Grade

6-7

### Learning Objectives

Students will develop emotional literacy for resilience through musical experience.

### Duration

One Lesson (40 Minutes)

### Required Materials

- ✓ Audio player or interactive board with speakers
- ✓ Internet connection for playing music samples
- ✓ Coloured pencils or markers
- ✓ Coloured post-it notes

### Preparation and Implementation

- ✓ Since this activity includes playing music and good internet connection, make sure that everything works before the lesson.
- ✓ Duplicate the WORKSHEET as many as the number of students.

## PROCESS

### 1 INTRODUCTION (5 Minutes)

1. Begin by asking students what kind of music they like listen to?
2. Ask some of them to name one of their favourite songs.
3. Ask some them to share if they listen to different music when they are happy or when they are sad.

### 2 MUSICAL REFLECTION (15 Minutes)

1. Play short clips of different musical pieces, include calm, energetic, sad, and uplifting music.
2. After each clip ask students to describe how this piece makes them feel using one word.
3. Have them write their words on post-it notes and place them on the board. Use encouraging questions and phrases:
  - “What does this piece make you feel?”
  - “Choose only one word for each and write it on.”
  - “Bring your post-it note to the board.”

### 3 LYRIC ANALYSIS (15 Minutes)

1. Divide students in four groups
2. Provide each group with a printed copy of the lyrics of a selected popular song
3. Ask them to highlight words or phrases that show different emotions
4. Let them count and compare how many emotion words each group has found

### 4 DISCUSSION AND CONCLUSION (5 Minutes)

1. Facilitate a discussion on how the lyrics relate to resilience and emotional strength.
2. Encourage students to think about music as a universal language that can express and influence different emotions.

## EVALUATION

- Assess students' engagement through their individual reflections and team work
- Observe group discussions and presentations for active participation

## RECOMMENDATIONS

1

For further engagement, encourage students to share songs from their own culture or family traditions that they sing in happy or in difficult times.

2

Use online platforms to access diverse music samples, including those from students' own cultural backgrounds.

## ANNEX

Here are some suggestions for the music pieces in Part 1, representing cultural diversity and historical depth. These pieces are accessible and highlight both the emotional and cultural richness of different traditions and periods.

1. English songs:

- **“You Raise Me Up”** by Secret Garden is a moving and inspirational tune often associated with overcoming challenges
- **“Now Is the Month of Maying”** by Thomas Morley – a joyful English madrigal from the Renaissance era
- **“Nkosi Sikelel' iAfrika”** – a South African hymn blending European and African musical elements
- **“Happy”** – a joyful and positive pop song by Pharrell Williams

2. Bulgarian songs:

- **“Tomorrow”** (Utre) by Diana Express is a popular Bulgarian song about overcoming struggles and believing in the future
- **“My Childhood”** (Detsvo moe) is a nostalgic and uplifting song, reminding the strength and happiness found in childhood memories
- **“If you have given”** (Ako si dal) - a song about hope, companionship, and overcoming hardships together

## WORKSHEET

Name of the Student: .....

Date: .....

### Part 1: Music and art

Listen to the to the music played during class and draw a picture that represents the emotions you felt while listening to the music.

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### Part 2: Reflection

Answer the following questions in 1–2 sentences each:

1. How did the music affect your mood?

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2. Can you think of a time when music helped you feel better? Describe the experience.

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3. If you were to create a song to help someone heal after a tough time, what message would it have?

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