

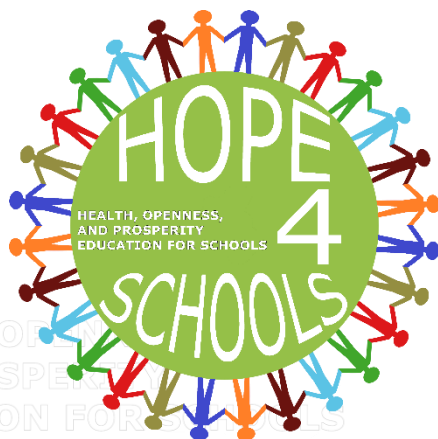


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



WWW.HOPE4SCHOOLS.EU

LOOSE IT WITH MUSIC



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



Co-funded by
the European Union

The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



WWW.HOPE4SCHOOLS.EU

Loose it with music!



Activity description:

Students can make a circle or sit comfortably in a classroom, or any place chosen. Before the session starts, students will choose a couple of instruments each representing one emotion or a feeling. It can be up to a teacher or students, which instrument means specific emotion or feeling. Rules can be flexible, some might not feel good with expressing their feelings, so there can be an instrument for “I do not want to share” or “I do not know” feeling.

Students are then motivated to share how they are feeling by using certain instruments representing their chosen emotion and they can show with what intensity they are feeling the emotion. It is important to establish by teacher or counselor the rules of what happens after the feeling is shared. Everyone will get a chance to open a discussion on what is happening and why they chose this emotion. Other classmates shall be motivated to ask their friend or colleagues whether they want to share or show that they are here for them.

Counselor takes notes on each participant and the dynamic of the group in a diary. In the following session, this diary can be discussed with students to work on improvements.

Activity duration: 40-60 min.

Purpose of activity:

Emotional development
Increased self-confidence
Team building activity



Co-funded by
the European Union

The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



WWW.HOPE4SCHOOLS.EU

Development of empathy
Self-reflection
Self-realization

Tools to be used:

Musical instruments (all available)



Co-funded by
the European Union

The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.