



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



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PERDE-TE NA MÚSICA



HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



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Descrição da atividade:

Os alunos podem colocar-se em círculo ou sentar-se confortavelmente na sala de aula, ou em qualquer outro local escolhido. 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



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Increased self-confidence
Team building activity
Development of empathy
Self-reflection
Self-realization

Tools to be used:

Musical instruments (all available)



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