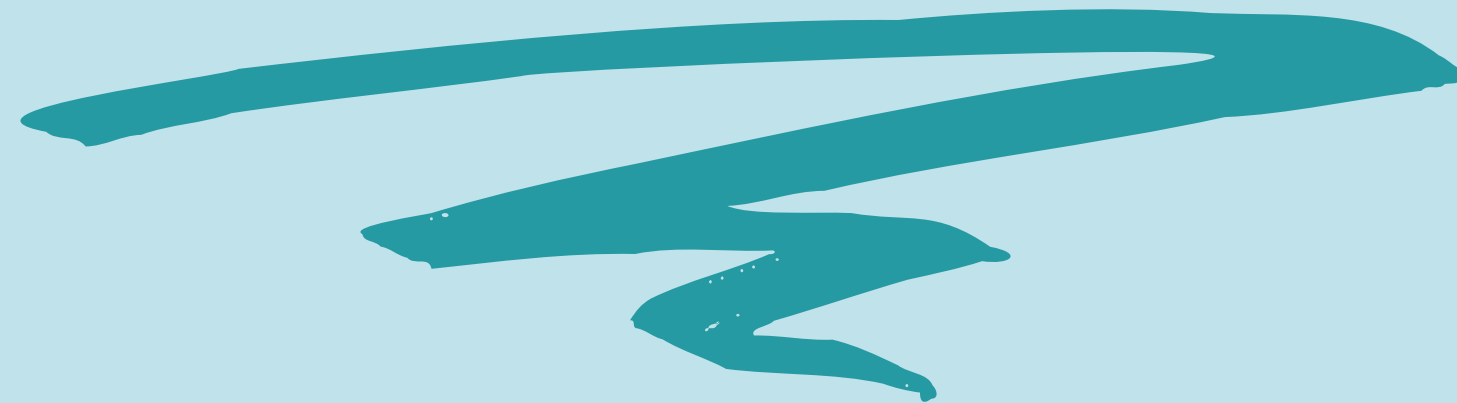




KNOW YOURSELF

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

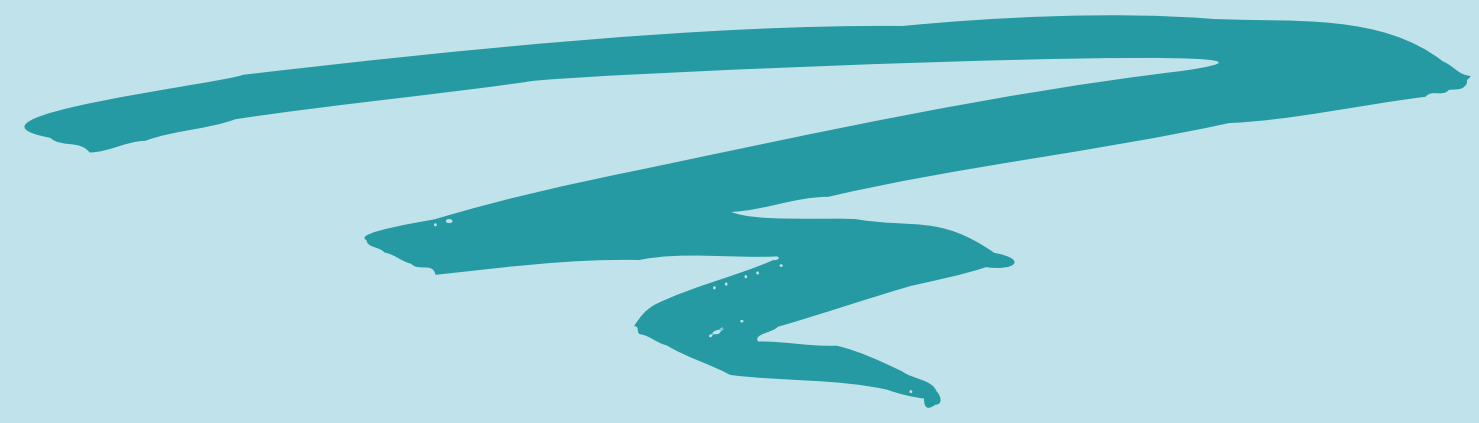
- What is your favorite song or favorite type of music?
- Why do you like it?
- How does it make you feel?





LESSON PART ONE

MEMORABLE MOMENTS





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



MEMORABLE MOMENTS

Watch "Chloe X Halle Create a Playlist for Their Lives."





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

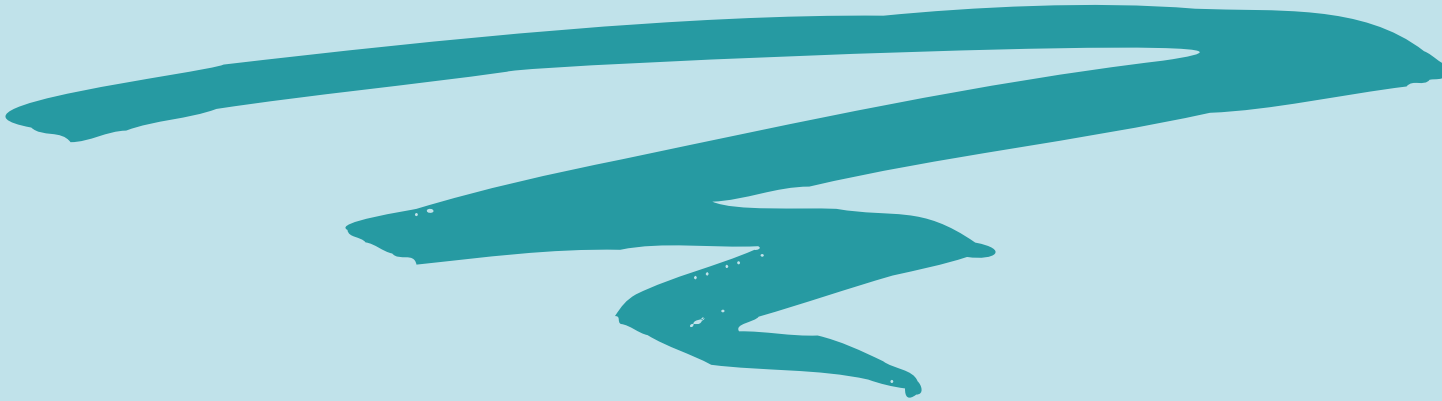
- A special birthday
- Winning a sports game
- Getting braces
- The first day of middle school
- Going camping





LESSON PART TWO

MY LIFE'S PLAYLIST





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 Life” by Kanye West 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?

