



LIFE TIMELINE WITH MUSIC TRACKS

OBJECTIVES:

- Engage in thoughtful self-reflection by creating a timeline of their lives
- Foster emotional connection and introspection as participants explore the impact of specific songs on their life journey, creating a deeper understanding of the role of music in their personal narrative.

CHALLENGES&TIPS:

Challenge: Participants may face emotional challenges as they relive significant life events through the songs.

Challenge: Technical hurdles (if laptops are used). Some participants may find it difficult to use the digital platform, so facilitators will need to provide support and guidance.

Tip: Create an open and non-judgmental atmosphere for participants to freely express personal experiences and emotions. Be prepared to offer support and resources to participants facing difficult memories.

Tip: If laptops are used, give a short tutorial to ensure that participants can combine song elements effectively.

PRESENTATION

Participants draw a timeline of their life on paper, marking important milestones. At each time point, participants write down the title and artist of a song that resonates with that period of their life.

Share their timelines in small groups or pairs and discuss the meaning of each song chosen. Facilitate a brief reflection on the emotions and memories associated with each timeline.

Second part: Computer-based song creation if computers are available.

For participants with access to computers, guide them to digitally assemble snippets or lyrics from the songs identified on their timeline.

Encourage creativity in combining elements to create a unique, personalised song that represents their life journey.

At the end of the workshop, participants gather to share their unique songs with the group.

Encourage participants to discuss the creative process and the emotions evoked by the final composition.

PARTICIPANTS: There is no number limit, depends on the availability of laptops

SPACE: Classroom or music room.

DURATION: suggested timeframe could be approximately 2 hours.

MATERIAL NEEDED:
Speaker or music player.
Paper and writing tools for participants.
Laptops with a digital programme to cut pieces of the songs and put them together into a single track