



ONE WORD, ONE VERSE: MY STORY IN MY SONG

OBJECTIVES:

- Foster a sense of personal connection and reflection.
- To create an emotional and meaningful experience for each participant.
- Encourage creative expression and the integration of personal narratives into a collective creative process.

CHALLENGES&TIPS:

Challenge: Some participants may choose songs with a deeply personal or emotional meaning, can be challenging to manage any emotional responses that may arise during the activity.

Challenge: Allow enough time for each participant to share their song and contribute a verse or chorus.

Tip: it is important to ensure a safe and supportive atmosphere where participants feel comfortable expressing their feelings and sharing personal stories.

Tip: Include moments of reflection during and after the activity to share feelings and thoughts, thus fostering a deeper understanding of the impact of the activity on their personal narratives.

PRESENTATION

Each participant is invited to choose a song that has marked his or her life.

If there are fewer than 10 people in the group, the songs can be played one after the other, or if the group is large, only part of the song can be played for those who want to share it. Participants can introduce their own song and sit or move around the room while listening to the music.

Once they have listened to all the songs, they can look up the lyrics on the internet or print them out if a printer is available. Next, everyone looks for a word in their song that has a particular meaning in their life story.

Papers and pens are then distributed and participants are invited to add a verse to the song or write a new refrain based on or starting from the word they have chosen.

Something that relates to the present, to their own story now.

They are given about 30 minutes to write the lyrics and when the group is finished we gather in a circle and everyone shares with the group by singing or reading their verse or refrain.

It is always important to leave a space to share how they felt before, during and after the activity and to facilitate a moment of sharing the experience.

PARTICIPANTS: +/- 10

SPACE: Any space or music room.

DURATION: suggested timeframe could be approximately 1 to 1.5 hours.

MATERIAL NEEDED: Speaker, printer (optional), papers, pens, internet connection, phone or laptop