



Reflect

Stage

6

45 mins



Skills builder

# Soundtrack to my life



## What you'll get out of it

- Explore your memories and experiences.
- Reflect on ways your experiences affect your personal identity.

## What you'll need

- Paper
- Pens
- Access to a library of music, for example on the internet (optional)
- A music player (optional)

## Aim of activity

In just a few seconds, a song can fill you with happiness, transport you to a different place or bring a memory rushing back! Explore memorable and meaningful music, and find out what it reveals about you.



WE DISCOVER, WE GROW

Girlguiding





# Reflect

## What to do

- 1** Get into small groups, grab a sheet of paper and a pen each and find a space to sit together.
- 2** At the top of your paper write 'Soundtrack to my life'. You're going to make your own playlist inspired by some of the special and important memories and moments of your life.
- 3** You have 15 minutes to think of a song or piece of music that reminds you of each of the following:
  - A person who was or is important to you
  - A feeling or emotion
  - Something you feel strongly about (for example, a belief or value)
  - A happy memory
  - A special place
  - Your time as a Girlguiding member
  - A challenge you've faced
  - A memorable period of time in your life
  - Yourself, the person you are now
- 4** Look at the songs you've chosen and put them into an order you think would work well.

## Top tip

Making a playlist is a delicate art. When you listen to a good one, it should take you on a journey. Think about:

- Mixing up slower and faster tracks
- Including different styles of music
- Playing around with the order of the tracks

Remember, enjoying music is very personal, and you can interpret it in many ways. Think outside the box and be as creative as you can with your choices.

- 5** If you feel comfortable, talk with other girls in your group about some of the songs you've chosen and the reasons why you put them on your playlist.

## Try it this way

If you can get hold of any music in your meeting space, why not take a song that represents each of the members of your group and put them together to form a joint playlist? Play the songs, inviting everyone to explain why they chose them.

## Take it further

Choose one bullet point from the list in step 3, and create a new playlist based on just this. Come up with eight songs that each express something different about the topic. You could share your playlist with someone you know.