

Amani Journey Card

Name: _____

1

ACTIVITY 1
Make an Instrument

2

ACTIVITY 2
Teach the
Five Elements of Music

3

ACTIVITY 3
Teach the Mood Meter

4

ACTIVITY 4
Harmony Break:
Mood Meter Floor Board

5

ACTIVITY 5
Harmony Break:
Mood Shifting

6

ACTIVITY 6
Harmony Break:
Finding Emotions in Music

7

ACTIVITY 7
Write a CoronaKindness Song

8

ACTIVITY 8
Write a Poem to
Your Future Self

9

ACTIVITY 9
Harmony Break:
Where's the Volume?

10

ACTIVITY 10
Harmony Break:
Guess the Emotion

11

ACTIVITY 11
Make Three Instruments

12

ACTIVITY 12
Harmony Break:
Instrument Circle

13

ACTIVITY 13
Write an Empathy Story

14

ACTIVITY 14
Perform for Your Community:
Empathy Song