

AMANI PROJECT @ Home

Instructions

1. Print out this sheet.
2. As a child completes an activity, use the rubrics at the bottom of each instruction card to ensure the work has been fully completed.
3. Cut out the corresponding badge on this sheet and have the child glue it to their Amani Journey card!



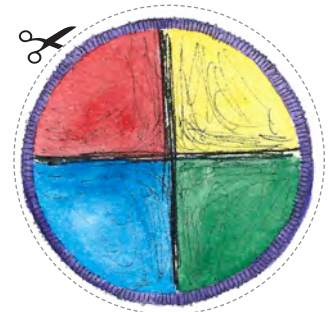
ACTIVITY 1
Make an Instrument



ACTIVITY 2
Teach the
Five Elements of Music



ACTIVITY 3
Teach the Mood Meter



ACTIVITY 4
Harmony Break:
Mood Meter Floor Board



ACTIVITY 5
Harmony Break:
Mood Shifting



ACTIVITY 6
Harmony Break:
Finding Emotions in Music



ACTIVITY 7
Write a CoronaKindness Song



ACTIVITY 8
Write a Poem to
Your Future Self



ACTIVITY 9
Harmony Break:
Where's the Volume?



ACTIVITY 10
Harmony Break:
Guess the Emotion



ACTIVITY 11
Make Three Instruments



ACTIVITY 12
Harmony Break:
Instrument Circle



ACTIVITY 13
Write an Empathy Story



ACTIVITY 14
Perform for Your Community:
Empathy Song