

ACTIVITY 6: HARMONY BREAK! Finding Emotions With Music

Finding Emotions with Music

Time (difficulty): 3-7 min (medium difficulty)

Set Up

- For this Harmony Break, everyone in your home will need to be together and able to listen to a leader. You can also do this online, it might just take a bit of work!
- Have instruments ready that each person can play.
- See badge one on level one of the curriculum to learn how to make your own instruments.

Introduction

- Ask everyone if there is anyone who has a song they would like to sing or play, or a dance they would like to perform.
- If nobody knows a song or a dance, ask someone to play anything on an instrument for everyone.
- Before that person begins their performance, ask them to have an idea of what color from the Mood Meter it will be expressing.

In Action

- Have the person perform their song or dance, and ask everyone else to pay close attention to what color of the Mood Meter they think it is.
- Repeat this for any other performances that there might be.

Discussion

- After the performances are finished, ask everyone to use their Mood Meters and point to the color that they think each performance was. Ask everyone to hold up their Mood Meters for everyone to see
- Next, ask the person who performed which color they were thinking about.
- Explain to everyone that part of empathy is understanding that the emotions you think a person is feeling might not be the emotions that they actually are feeling. Instead of assuming, many times it is better to ask the person how they feel.



Hey Adults! Do you have a suggestion for how to improve this activity?

Or just want to tell us how much you liked it? [Click here.](#)