

## # My sound history

### ## Object

To promote a climate of communication.

To deepen in the knowledge of oneself, identifying own emotions and understanding other people's emotions.

To promote knowledge of different languages and cultures.

To encourage the integration within a group.

### ## Content

Mental preparation. Reflection on positive memories.

Group exercise with intercultural proposals that foster diversity.

Work of the self-esteem and the integral security of the citizen through memories, especially the musical ones.

### ## Material

Not necessary. If participants want, they can use musical instruments.

### ## Organization

Small group. Maximum 10 participants.

Classroom and/or outside.

Time: 1-3 hours

### ## Profit appropriation

The leader can ask individually, how do you feel? What does it bring you to remember that song?

These questions allow to analyze feelings, emotions and also try to provide a memory that offers a feeling/space of security, improves the self-esteem and eliminates fears that may exist.

### ## Feedback loop

The activity tries to develop feelings of belonging, of security, of integration within a group and of elimination of fears and anxieties.

The leader must let all the participants express individually, that is, how they feel and how they have lived this activity.

The leader can ask the group how they feel linking songs and sounds, and in that way the group exchange experiences and emotions.

### ## Procedure

#### ### Contact

To ask the participants to try to remember songs, sounds, sonatas, simple sung or recited lyrics, etc., from their place of origin or that ones that are important to them without taking into account the reason.

Provide a time and space to remember and play that song.

At the same time, a small dance/movement for it should be established.

Leader can use a typical song of his/her country/region as an example.

### ### The game

The entire group is located in a circle. Individually each person sings the song that he/she has been thinking at the same time that he/she dances/moves to the rhythm of it. Once finished, he/she explains to the rest of the group what song it is and, if he/she wants, why he/she has chosen it.

Once everyone has presented his/her song, among all participants select a small piece of each one to be able to build a common song formed by a mixture of all of them.

As a work method leader can propose that, following an order in the group, each one emits the last sound heard and links it with his/her own song. In that way, the whole group is linking songs and choreographies.

### ### Transfer

Ask them about how the activity has contributed to promote greater calm and relaxation by remembering emotions and positive aspects of their life.

Ask them if through this activity, they feel closer to their peers and reflect on all this.

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