



Music & Emotions

In the video, Social Emotional Learning through the Arts, Vân-Ánh Võ talks about how music helps her to express emotions and learn about other people and cultures.

Music can be a wonderful tool to help your students identify, discuss and express their emotions, just like it is for Vân-Ánh!

Let's make Emotion Cards to help us identify our feelings while listening to music!

For this activity, you will need paper, pencils, colored pencils, markers and scissors.

Step 1: Identify Emotions

Have your class brainstorm to identify different emotions. Ask your students how and when these different emotions might be felt throughout the day and discuss what physical sensations they experience when feeling these emotions. Have students provide examples of things that might make them feel some of the different emotions and what they do to communicate those feelings to others.

Step 2: Making Emotion Cards

Students can create 6 "emotion cards" from one 8.5" x 11" piece of copy paper. Have your students fold the paper in half lengthwise, then in thirds (they might want to draw guidelines before folding). When they open the paper, they should have 6 rectangles. Students can choose whether to cut these rectangles before or after drawing their emotion cards.

Have your students label and/or illustrate each of the six cards with a different emotion of their choice. Please allow this part to be as creative as possible. Every student will identify and illustrate each emotion differently (some students may choose faces or words, some may illustrate an instance of what made them feel that emotion, or simply have blocks of color). What's important is that the cards have meaning for the students who created them.

Encourage your students to make more than 6 cards if time allows.



RHYTHMIX CULTURAL WORKS

Step 3: Get Ready to Rock!

Once all the students have finished their cards, have your students listen to one of Vân-Ánh's songs again (you can choose the song at random). While the students listen, have them identify the emotions they are feeling throughout the song using their Emotion Cards.

Option 1: Students can remain at their desks and place the cards on their desk (or hold them in the air) to correspond with the emotions they feel throughout the song.

Option 2: Have your students sit in a circle with their cards in front of them or in their hands (not everyone has to do this the same way). As the students listen to the musical selection, have them set down the cards that correspond with the emotions they are feeling. They can change their cards throughout the song or leave them all once they have felt that emotion. (Allow your students to have their cards face up or face down, as some may want this activity to be more private.)

After the song is finished, allow your students to take turns talking about which emotions they felt while listening to the music and why.

Try repeating the activity with another one of Vân-Ánh's songs and/or another song of your choice.

Integration

This activity can be completed over a series of days or weeks utilizing a variety of musical examples. Consider working this activity into your class routine. If students discover new emotions while listening to a piece of music, they can create more cards for their set.

As an alternative, students can draw their emotional journey as they listen to each musical selection.

Activity Extension

As an extension of this activity, you can rewatch the video of Vân-Ánh Vanessa Vỡ and have your students discuss what emotions they think Vân-Ánh is feeling/expressing during each song. Have your students discuss the clues and cues (body language, voice, movement, words) that made them choose the particular emotions that they did.

