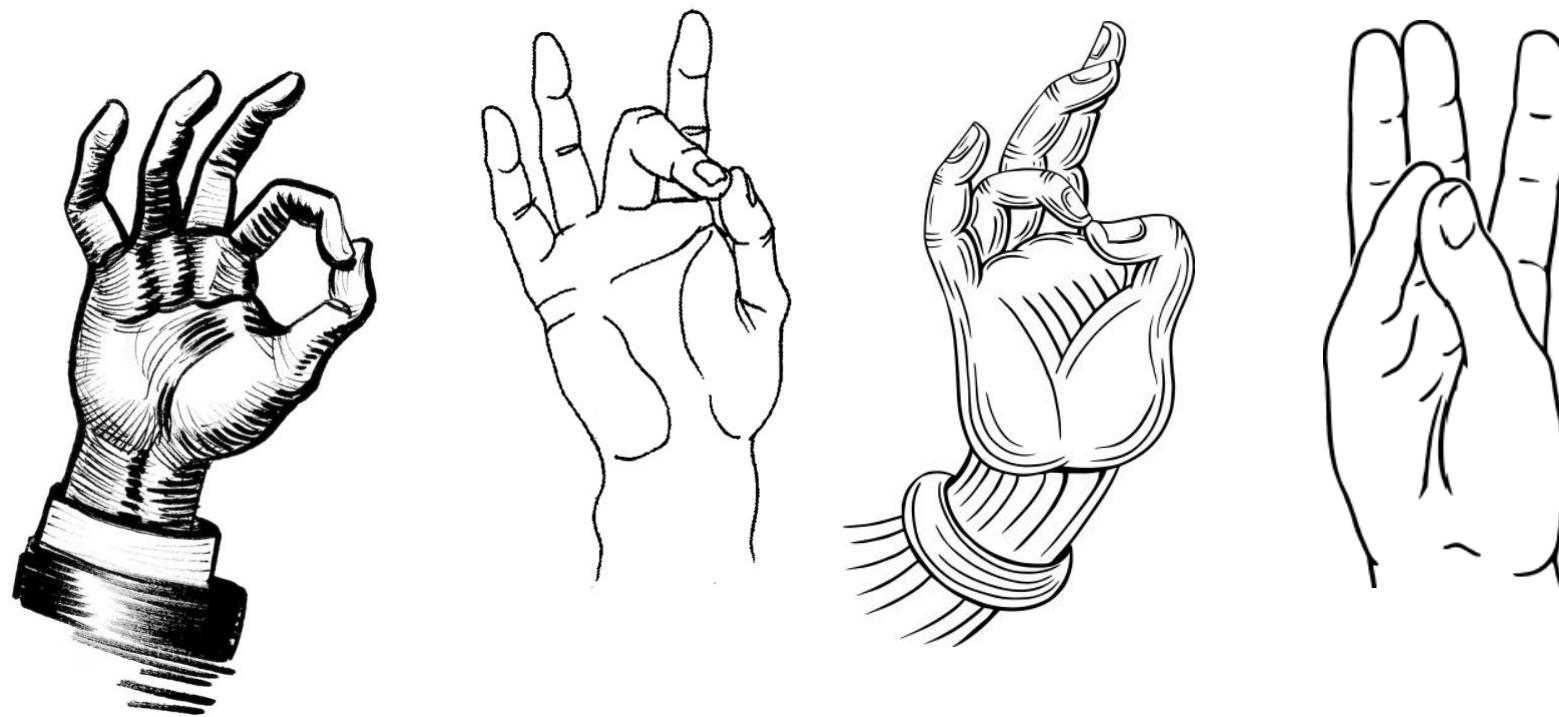


Name: \_\_\_\_\_

### Music/Social Emotional Learning E-Learning Exercise

Before we begin, let us start with our box breathing just like we do in class:

1. **Find your favorite space to sit** (*your bed, your favorite chair, the floor*)
2. **Find your favorite white or brown noise** (*a nice blanket of sound that doesn't distract you*)  
*Find instrumental music or nature sounds on YouTube or open a window and listen to the wind or turn on a box fan!*
3. **Box breathe nice and slow:**  
*In for 4 seconds, hold your breath for 4 seconds, out for 4 seconds, hold your breath for 4 seconds.*  
*Continue as many times as you want until you feel comfortable or less stressed than you were before.*
4. **If you can, try the piano fingers** we do in class. *Each second, touch a finger to your thumb and start over every 4 seconds.*



Name: \_\_\_\_\_

Let's continue our work on adding our own creative touch to the songs we love!

I have provided two popular songs in class right now that cover two genres: rap and pop. Please choose one of the following two songs to work on.

In the song "No One Noticed" by The Marias, María sings:

*Maybe I*

*Lost my mind*

*No one noticed*

*No one noticed*

**What do you think she is feeling?** Maybe she feels lonely or misunderstood.

**Try and fill in the missing parts of the song with your own words.**

How might you make the song about you? There is no wrong answer, so have fun and be creative!

You do not have to rhyme like María, but it may be fun to try.

Maybe \_\_\_\_\_

Lost my \_\_\_\_\_

No one \_\_\_\_\_

No one \_\_\_\_\_

Please explain in one sentence what your song is about:

\_\_\_\_\_

Name: \_\_\_\_\_

In the song “All My Life” by Lil Durk and J. Cole, Lil Durk sings:

*All my life*

*They've been trying to keep me down*

*All this time*

*Never thought I would make it out*

**What do you think he is feeling?** Maybe he doesn't feel supported or doesn't think he will be successful in life.

**Try and fill in the missing parts of the song with your own words.**

How might you make the song about you? There is no wrong answer, so have fun and be creative!

You do not have to rhyme like Lil Durk, but it may be fun to try.

All my life,

---

All this time,

---

Please explain in one sentence what your song is about:

---