



*Magic City Music Therapy*



# soundtrack of my year



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## LEARNING OBJECTIVE:

CREATE A PERSONALIZED PLAYLIST THAT REFLECTS ON THE PAST YEAR, USING CAREFULLY SELECTED SONGS TO CAPTURE MEMORIES, EMOTIONS, AND EXPERIENCES.

## INSTRUCTIONS:

1. GRAB A NOTEBOOK, A PLAYLIST APP (LIKE SPOTIFY OR APPLE MUSIC), OR A BLANK DOCUMENT ON YOUR COMPUTER. HAVE WHATEVER YOU NEED READY TO START CREATING YOUR SOUNDTRACK.
2. THINK ABOUT THE DIFFERENT ASPECTS OF YOUR YEAR AND CHOOSE THEMES OR CATEGORIES THAT REPRESENT THEM. CONSIDER CELEBRATIONS, CHALLENGES OVERCOME, FRIENDSHIP MOMENTS, FAVORITE MEMORIES, OR ANY THEME THAT FEELS MEANINGFUL TO YOUR EXPERIENCES.
3. CHOOSE SONGS THAT ALIGN WITH EACH THEME YOU'VE IDENTIFIED. CONSIDER LYRICS, MELODY, AND HOW EACH SONG MAKES YOU FEEL, CAPTURING THE ESSENCE OF THAT PART OF YOUR YEAR. BE CREATIVE AND DIVERSE IN YOUR SELECTIONS, AIMING FOR 5–10 SONGS TO START.
4. PLAY YOUR PLAYLIST AND NOTICE WHAT MEMORIES OR FEELINGS COME UP AS YOU LISTEN. WRITE A SHORT REFLECTION FOR EACH SONG- WHY YOU CHOSE IT, WHY IT'S MEANINGFUL, AND HOW IT REPRESENTS A PARTICULAR THEME, MEMORY, OR EXPERIENCE FROM YOUR YEAR.
5. IF COMFORTABLE, SHARE YOUR PLAYLIST WITH FAMILY OR FRIENDS. THIS CAN BE DONE THROUGH A MUSIC STREAMING PLATFORM, A COLLABORATIVE PLAYLIST OR BY CREATING A SHARED DOCUMENT WITH SONG TITLES AND REFLECTIONS.



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Title & Artist

Theme/Category

Reflection

