



This Is My Song

Step-by-Step Instructions:

1. Depending on the size of the group, either break into smaller groups of 10 each or keep the group all together. It is up to the preference of the facilitator. If it seems to be a very friendly and energetic group, it is sometimes better to keep everyone together. There will not be enough time for everyone to participate so it is best to call on volunteers.
2. Explain that music has touched all of our lives and that particular songs can be associated with certain events in our own history.
3. Start things off by singing or telling your own (the facilitator's) song to the group.
4. Encourage participants to think of a song that has a strong meaning for them.
5. Ask someone to get things started by volunteering their song. Have them tell the title of the song and why it is significant and then begin to sing the song and encourage others to join in.
6. Repeat this activity throughout the group for as long as it keeps going or until you are out of time.

Tips for Discussion and Processing

This is an activity that will have everyone joining along and laughing. It is a great way to connect people, as music is very powerful. It is fun to discover other people's songs. This is an excellent activity with people of varied cultures and ethnicities

Group Size: 50 or more

Time Needed: 11 to 20 minutes

Goal: To get to know each other

Audience: Couples, Teens, Parents, Singles

Special Considerations: Some participants may not feel comfortable with singing. If this is the case, they can state the name of the song and say the lyrics. Usually others will start singing the song. Assure everyone that this is not a singing contest; some of the fun of this activity is people playing around with how they sing. Each group is usually surprised to discover that they have some amazing singers in the class!

Resources Needed:

- ✓ None