

# SOUNDTRACK OF YOUR LIFE!

**Music Therapy = An established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.**

**Music has the power to unlock emotions, feelings, and even memories. Sometimes when we hear a song, harmony, or even a jingle, it will help remember a very heartfelt event. Throughout the duration of the song, we end up reflecting on that specific moment in time.**

**Your first Music Appreciation project is to reflect upon every year of your life. For each year, try to pick one event that was so meaningful, you remember a song that went with that moment. Try to remember as far back as you can. Can you remember what the very first song was that you learned? Obviously, you will not be able to remember your first few years of your life. Please ask an adult in your family if they remember any songs of any special moments from your early years.**

**A blank CD will be provided for you. Please find a song for every year you were born, and make a playlist from track #1 (year one) to track #14 (or whatever your current age maybe). Please burn each song onto the blank CD to create your "Soundtrack of Your Life." On a separate sheet of paper, please list each track title and describe in a few sentences why you choose this song. What was so meaningful about that moment that this song helps you remember?**

