



1. Illustrate a song with a vivid storyline or plot.
3. Songs From the Past: What is a song from your childhood you remember well? Do you have any new perspectives on them as an adult? Create a page based on the mood/beat/memories of the song.
4. How has music helped you get through tough times?
5. Create a page about a quote about music or using lyrics from a song.
6. What makes you want to get up and dance?
7. Your favorite songs – they must be your favorite for a reason. What about them moves you?
8. Your least favorite songs – why do you dislike them so much? What is it about that song?
9. Songs that move you – doesn't have to be any particular reason, it could be the lyrics, it could be a particular melody, or when they play the cello just right, or maybe a song that makes your hair stand on end. Whatever it is, explore your feelings through them.
10. Songs that you have aversions to – are there songs that you just absolutely avoid? Maybe there's a reason?
11. Songs that are often stuck in your head – There's probably a reason.
12. Guilty pleasure songs – Are there any songs that fit in the #sorrynotsorry playlist? What about the songs that you don't want anyone to know you like?
13. Songs you feel are about your life or describe you
14. Songs you want to be played at your funeral
15. Songs that make you feel powerful and courageous
16. Classical music – sit or lie down, close your eyes and listen to a few pieces and see what thoughts, emotions and feelings come up for you, then write down whatever comes up.

