

# 5. Session Plan

## Desert Island Discs



### Intro Activity

#### **Aaaand Relax...**

Start the session by closing your eyes and breathing. Listen to all the sounds in the room, focus on them, what do you notice? Count your breaths from 1 – 10 and back down again. When you open your eyes see how you feel.

### Main Activity

#### **Desert Island Discs**

1. Choose 8 songs or tracks that you would take to a desert island to remind you of your life.
2. Share that with a partner or with the whole group and say why you've chosen them

### Homework

#### **My museum**

What one object would you put in a museum to represent you? Either bring this object or a picture of it, or just think about it when you come next week.

**64 Million**

Artists

Artist No. 85

Sarah-Jane