



THE SOUND OF EMOTIONS

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



N° of pax 5-20



indoors | outdoors



art expression



1 hour

PURPOSE

SELF EXPRESSION

- non-verbal communication
- empathy
- self-esteem

MATERIALS

- musical instruments of various kinds

PREPARATION

- * Place musical instruments at the centre of the circle of the group.

INTRO

This is a recreational activity useful for providing other ways of introducing yourself to the group, focusing on the personal way everyone expresses their mood of the moment.

3 STEPS

1. The participants in a circle introduce themselves by saying their name and expressing their mood of the moment, using musical instruments that are placed at the centre of the circle.
2. One by one, participants take a step toward the centre and say their name saying „I am ...“, then choosing one of the musical instruments in the centre and saying „Today I feel so...“, they try to describe their state of mind using only the play with the sound of the instrument chosen, without any verbalization.
3. Then anyone in the group can try to verbalize the „music“ emotion that they heard, giving it a meaning. After this, those who have played confirm or not what the others have said.
4. Repeat the sequence until everyone has introduced themselves.
5. To close, a short debriefing with the participants will follow.



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REFLECTION

- How did you feel when you expressed your mood using music?
- How did you feel when others tried to understand how you felt?
- How do you think this activity can contribute to resilience building?

COMMENTS

- It is important that the facilitator is careful to respect each individual, allowing everyone to spend the time necessary, to choose the instrument most suitable, and use it in any way, even if it is different or unusual.
- Although the majority of the participants may give a different emotional meaning than what the person meant to express, the last word goes to the „player“, who is the only one to actually know how he/she feels. Therefore, you must avoid judgemental comments or in any way correcting what the „players“ say about their emotions.

