

Kooth Activity Sheet



ENERGY LEVEL:
Grounding



NO. OF PEOPLE:
1+



ESTIMATED TIME:
15mins

Draw a song

ACTIVITY OBJECTIVE:

To help young people creatively express and manage feelings they may not have words for through art.

MATERIALS REQUIRED:

1. A device to play songs on
2. A playlist of a few different songs
3. Paper
4. Pens, colouring pencils, paints

INSTRUCTIONS:

1. Play a song or two and ask the group to think about how it makes them feel.
2. Give the group paper, pens, and other art materials.
3. Play the song(s) again and invite the group to draw or paint how the song makes them feel, or what colours it brings to mind.
4. At the end of the piece of music or playlist, ask the group to reflect on how this activity made them feel.
5. To conclude, ask if any young people want to share their artwork with the group and explain how the music made them feel. See if the group would like to create an art gallery to showcase their work and appreciation for music

Note: This activity could raise difficult emotions for some young people, so it could be helpful to let them know they can stop at any time if they feel uncomfortable.



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.