

Children's Connection Curriculum

Session Topic: Self Esteem (Music Listening)

Developmental Level: Middle School

Purpose: To allow for discussion about the ways that music can inspire and help us through life situations.

Materials: Phone that can access a library of music (YouTube, Spotify, Pandora)

Description of Session:

1. Ask each group member to select a song that has strong personal meaning for him or her. Play each group member's song.
2. This technique gives insight to both the students and counselor about each student's life situation, history, and functioning.

Discussion Questions:

1. What thoughts and feelings did this song evoke? (For example: a song describing friendship might elicit feelings of comfort and pleasure for the student. The student would then identify ways by which these feelings could be helpful in combating stress and anxiety about friendships or any other applicable situations).
2. How could this song help you in a life situation?

Reference: Vernon, A. (2004). *Counseling Children and Adolescents*. Denver, CO: Love Publishing Company