**Grades 9-12 - Prepared by Vanessa Curcio**

**Topic:** The Power of Song

**Objective:** Family members come together as a family band to perform a song to brighten the day of a friend, relative, or neighbor in need of encouragement.

1. First, watch this video of people from around the world performing the song “Lean on Me,” by Bill Withers, and consider the power of music to bring people together even though they are miles apart.

   [Lean On Me – Songs Around the World](#)

2. Then, think of a relative or neighbor whose day would be brightened by a song.

3. Choose a song that is hopeful/inspirational to brighten that person’s day.

4. Listen to the song a few times and note what instruments you hear. How many of each instrument? How many singers? Which musician’s role is most interesting to you? (Would you like to be the lead singer? The drummer?)

5. Discuss which family member will play which role in the family band. Family members can sing and/or play instruments. This includes instruments you may already play (like the saxophone, piano, or guitar) or instruments you can make at home with household supplies you may already have.

6. Here are some ideas for making household instruments:
   - Bucket drum or coffee can drum
   - Paper plate tambourine
   - Shaker
   - Tissue box guitar
   - Straw pan flute
   - Water glass xylophone

   Explore using paper plates, food containers, pots, pans, bowls, buckets, glasses, spoons, chopsticks, straws, rice, noodles, beans, beads, pennies, paper clips, etc. See the following websites for ideas and instructions to make instruments:

   - [Make Homemade Music with these 6 DIY Instruments](#)
   - [How To Make a Tissue Box Guitar](#)
   - [Chicken Sounds from a Plastic Cup](#)

7. Look up the song lyrics and try singing and playing along with the recording. Feel free to add your own twist, change the style, or add new sounds and lyrics that don’t appear in the original recording. Make the song your own!

8. Rehearse as a family band, playing and singing until you feel ready to record or perform live.

9. Record a video of your family band performance, and share it with the special person you are thinking of. Add a personal message so the person knows you have prepared the recording especially for them!

   You might even call the person and perform live!
Career Awareness Extension: Explore the career of music therapy.

- Music therapists prepare music and musical activities for their patients to help them through personal challenges they may be facing. This may include self-care, adjusting to life changes, improving cognitive functioning, raising self-esteem, communicating, controlling impulses, or even dealing with illnesses.

- Below are links to videos and additional information about the career of music therapy and how it can improve patients’ health and quality of life.

  - Music Therapy Institute: Music Conservatory of Westchester
  - Music Therapy Videos: Berklee
  - Musical Therapist: Museum of Mental Health
  - Music Therapy: O*Net

To further explore your career interests in a variety of areas, take the O*NET Interest Profiler inventory: My Next Move: O*Net Interest Profiler