

# The Song of Hope



## OBJECTIVES:

- To enhance hope through music
- To harmonise and tune in to a positive environment
- To increase positive thinking and hope



## AXES:

**Pursuit of common goals**



## STEP BY STEP OF THE ACTIVITY

### >> Introduction:

Explain the objectives of the activity and the steps to follow.

### >> First part of the activity:

Invite the group to listen and dance/sing to a song that will be sent via chat.

### >> Second part of the activity:

Participants can be invited to share a memory, a situation, event or experience, which gives them hope in their work (in the case of the song *Color esperanza*, the memory is associated with a colour, in *Here comes the Sun*, it is linked to rebirth of life).

### >> Closing:

Dinamize a conversation about humour and positive thinking being key to creating a resilient environment. How did you feel listening to the song, remembering and sharing hopeful experiences? Do you think the music and texts shared foster a group spirit?



## METHODOLOGY:

**Art Therapy, positive psychology**



## DIGITAL TOOLS INVOLVED:

zoom.

## PREPARACIÓN:

### Previous knowledge

Search for popular music that talks about hope, joy, dreams, projects, etc. Prepare a text with the lyrics of the song to be able to send it in the group chat. One possible song is: [Here comes the sun](#)

## PLATFORM USED:

zoom/music playback platform such as youtube or spotify.



## DURATION:

**20-30 minutes maximum**



## TIPS FOR THE PERSON COORDINATING THE ACTIVITY

Play at least one song related to the subject and post a link in the group chat to help encourage participants to share their own songs.