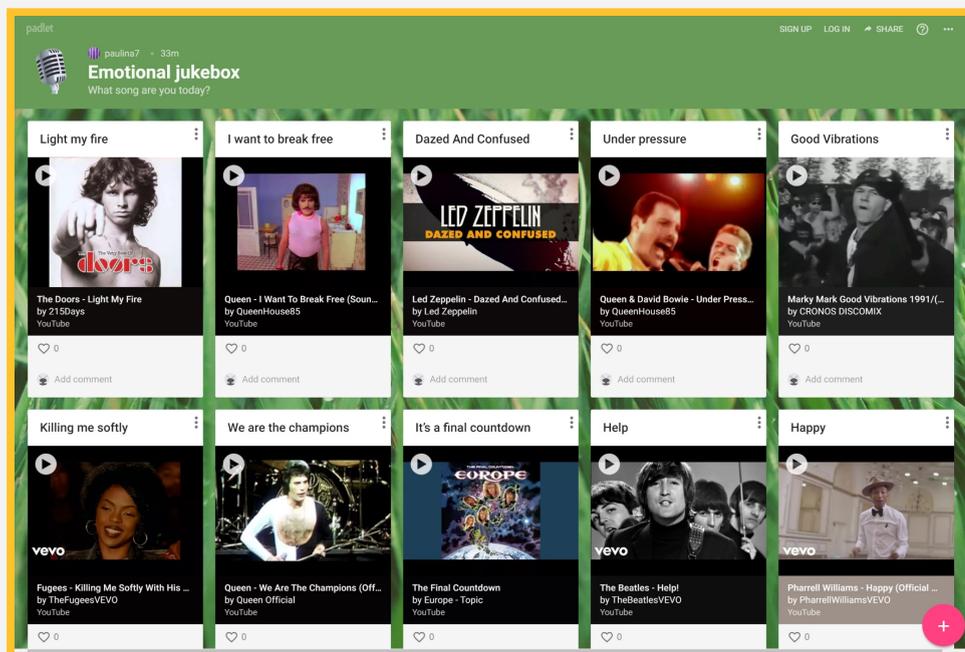




## Exercise nr 6: Emotional jukebox

Duration	10-15 min
Type of activity	<b>Social / Body / Emotional</b> / Cognitive
Goal of the exercise	A quick and easy way to find out how a group is doing without getting into personal details.
Group size	2 - 100+ participants
Hashtags	#engagement #warmup #music #movement #dance
Materials and tools necessary for the activities	Prepare a Padlet ( <a href="https://padlet.com/">https://padlet.com/</a> ) or other app where photos and images can be uploaded together (f.e. Miro, Mural, Gslides or Jamboard)
Exercise agenda	Show (using <b>Padlet</b> or other app) your participants cover images of popular songs with their titles.



We suggest to use 10 titles, f.e:

1. Happy  
 Pharrell Williams - Happy (Official Music Video)
2. Help

- [▶ The Beatles - Help!](#)
3. It's a final countdown  
[▶ The Final Countdown](#)
4. We are the champions  
[▶ Queen - We Are The Champions \(Official Live Video\)](#)
5. Killing me softly  
[▶ Fugees - Killing Me Softly With His Song \(Official Video\)](#)
6. Good Vibrations  
[▶ Marky Mark Good Vibrations 1991/\(HD/HQ\)](#)
7. Dazed And Confused  
[▶ Led Zeppelin - Dazed And Confused \(Official Audio\)](#)
8. I want to break free  
[▶ Queen - I Want To Break Free \(Soundtrack Mix\)](#)
9. Under pressure  
[▶ Queen & David Bowie - Under Pressure \(Classic Queen Mix\)](#)
10. Light my fire  
[▶ The Doors - Light My Fire](#)

Now invite your participants to answer this question: What song are you today?

Ask them to give a like (put their mark or sign) next to the cover that best represents their mood today.

This allows everybody to see who's on today and the coach to see what the mood of the group is and what the group needs at this moment.

Possible modifications

An extension of the exercise is to have people dance to the number that gets the most "votes" to get a feel for the energy of the group majority. You can enhance this playlist with additional items. It is important that the songs have catchy titles, so that they can easily convey the emotional state of the participants. At the same time, it is advisable that they are energetic, danceable and generally uplifting.

Credits

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