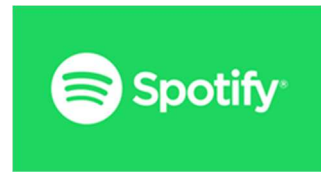


SPOTIFY

PRACTICAL ACTIVITIES FOR THE CLASSROOM

PRACTICAL ACTIVITY 1: HOW DO I FEEL WHEN I AM DANCING.

OBJECTIVES:

- FACILITATE, THROUGH THE USE OF SPOTIFY, THAT PEOPLE WITH INTELLECTUAL DISABILITIES EXPRESS THEIR FEELINGS AND EMOTIONS THROUGH MUSIC AND DANCE.
- IMPROVE THE EMOTIONAL WELFARE OF PEOPLE WITH INTELLECTUAL DISABILITY.
- SHARE MUSICAL TASTES WITH OTHERS.

PARTICIPANTS: IDPs, RELATIVES AND PROFESIONALS. WE FORM 3 GROUPS OF FIVE PEOPLE EACH.

RESOURCES NEEDED: COMPUTER, SMARTPHONE OR TABLET, INTERNET CONNECTION.

TIMING: 15' SESSIONS.

DESCRIPTION: TWO PEOPLE IN EACH GROUP OF FIVE SEEK AND SELECT IN SPOTIFY A SONG OF A SINGER OR BAND THAT THEY LIKE, WHEN THE MUSIC PLAYS THESE TWO PEOPLE BEGIN TO DANCE TRYING TO EXPRESS, WITHOUT SPEAKING, ONLY WITH GESTURES, WHAT THAT MUSIC MAKES THEM FEEL, THE REST OF THE MEMBERS OF THE GROUP HAVE TO GUESS WHAT FEELINGS ARE THEY EXPRESSING THROUGH DANCE.

PARTICIPANTS THAT ARE SEEING THE COLLEAGUES DANCING MUST WRITE DOWN IN THE BLACKBOARD THE FEELINGS THAT THEY BELIEVE HAVE IDENTIFIED, WHEN THE SONG FINISHES, THE PEOPLE DANCING STOP AND CHECK THE FEELINGS IN THE BLACKBOARD AND TELL THE REST OF THE GROUP MEMBERS IF THEY ARE RIGHT OR NOT, THEY MUST ALSO EXPLAIN THE OTHERS HOW THEY REALLY FEEL WHEN THEY HEAR AND DANCE THAT SONG IN THEIR OWN WORDS.

THIS ACTIVITY WILL BE MADE PREFERABLY IN THE CLASSROOM GUIDED BY A TRAINER ACTING AS A FACILITATOR WHILE DRAWING CONCLUSIONS ABOUT HOW THEY IDENTIFY EMOTIONS AND HOW TO HANDLE THEM. THIS ACTIVITY CAN BE



DONE AT HOME WITH RELATIVES OR FRIENDS AND IN THE
CENTER WITH COLLEAGUES AND PROFESSIONAL SUPPORT.

SUPPORT MATERIALS: SPEAKERS TO LISTEN TO MUSIC
LOUDER, BLACKBOARD, MARKERS...