



Ready-to-Go
Contemplation and Reflection Activities
For Kids (and Deep Thinkers of all Ages)

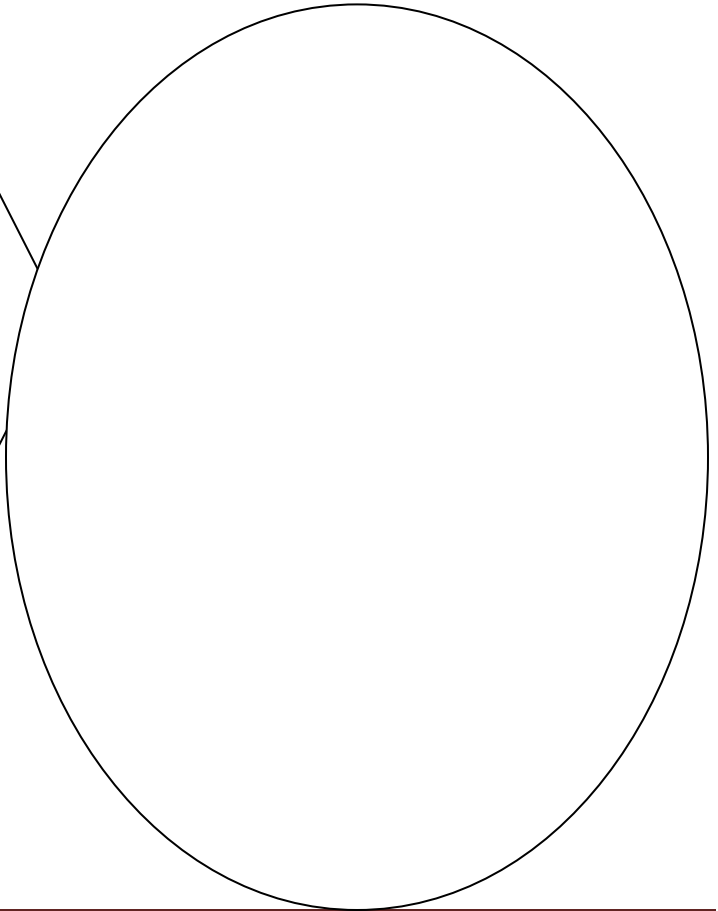
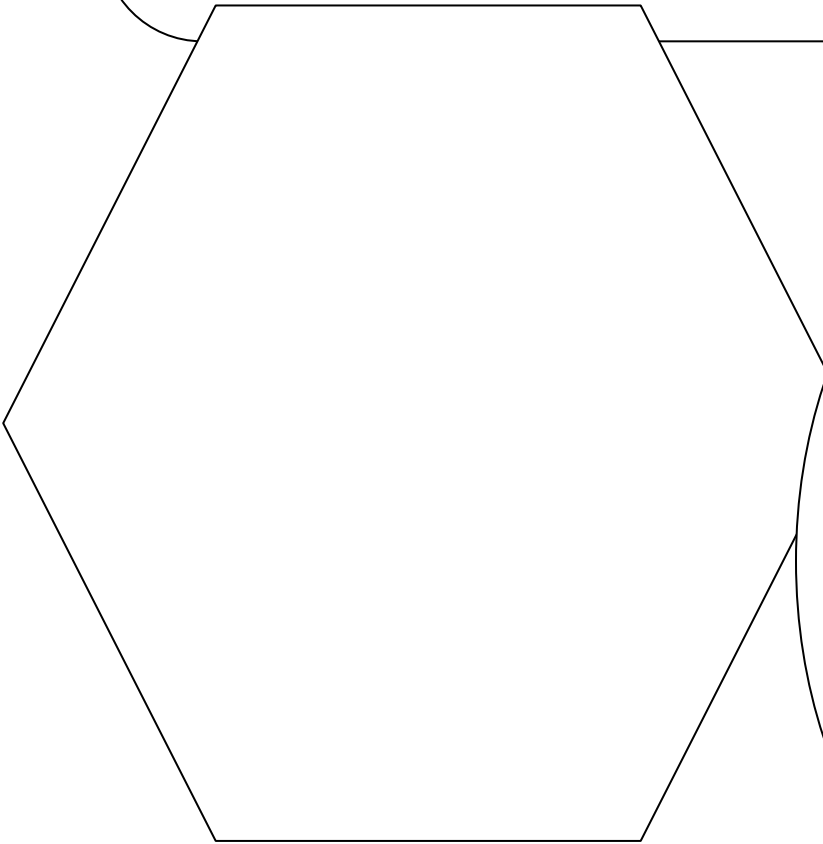
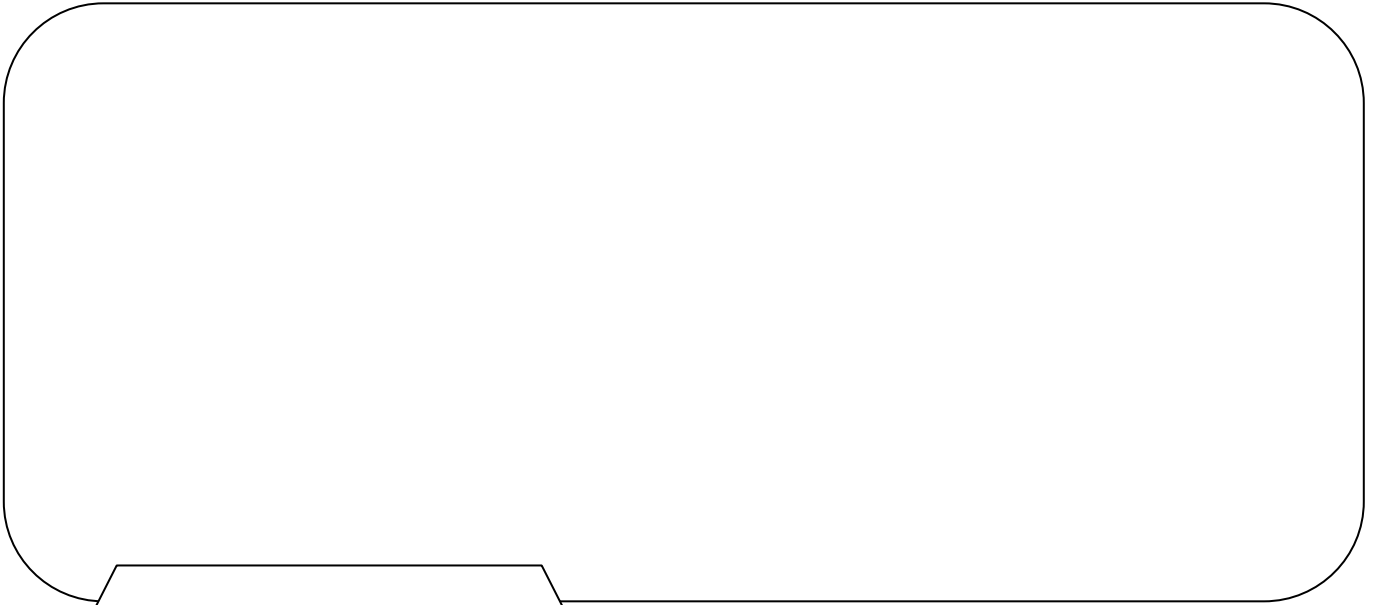
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By Andrew Andestic

Draw the Sound.

“Music is my Religion.” Jimi Hendrix

Listen closely with your eyes closed to three different types of instrumental music, preferably a song with a heavy beat, a one with a single instrument, and a song with an orchestra. Pick a box below you feel represents the sound and draw what you hear in the form of shapes, colors, pictures, and symbols. You can use a clip from Disney’s Fantasia for inspiration. Try to capture the melody, rhythm, mood, and emotions in the song.



Draw the Sound Contemplation Questions.

1. Was it easy or difficult for you to create a picture to represent each song? Explain what was hard or easy?
2. Stop and take a few long breaths. Focus on your chest and stomach as you breathe in order to determine your emotions. What are you feeling inside you after listening to these songs?
3. Which song was your favorite? Why?
4. Jimi Hendrix famously said, "Music is my religion." What did he mean by that?
5. What role does music play in your life?

Bonus: Switch with a friend and have them guess which picture represents which song.