

Connection Playlist

Purpose

Music helps express feelings and build connection when words are hard to find.

Materials

- Pen and paper or a device to play songs

Instructions

1. Pick Your Songs

Each person chooses 3 songs:

1. A song they listen to when they feel alone
2. A song that makes them feel brave
3. A song that reminds them of someone who cares

2. Share and Discuss

Take turns sharing your songs and explaining why you picked each one.

Outcome

Mentees and mentors learn about each other's feelings and experiences through music, helping build trust and understanding.

