

# Soundtrack to Our Lives

A fun activity to  
try out at home

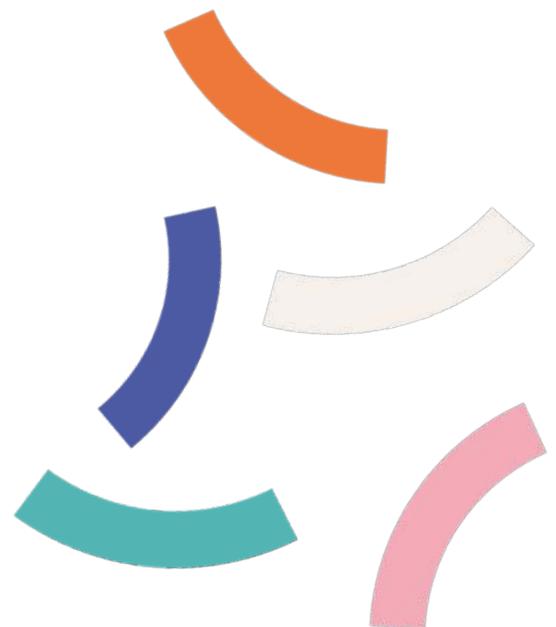
## Soundtrack to Our Lives

Music is a hugely important part of our lives and it often acts like an 'audio photograph' – where memories come flooding back to you the minute you hear certain tracks. Have you ever heard a piece of music that makes you instantly remember or think about a time or a place?

Have a think about the soundtrack to your own life: which tracks remind you of your memorable moments? Which songs make you feel powerful and invincible? What is the music that makes you feel calm, relaxed and safe? I have come up with some questions on the next page, to get you started, but make sure you add some of your own questions too!

Once you have answered some of the questions and thought about your soundtrack, try asking the people around you about the important music in their lives – it is amazing what you can find out about people by quizzing them out about the soundtrack to their lives! I have included an 'interview log' sheet for you to fill in and record your interviews, but you can record these any way you want – maybe you want to use an app on your phone or tablet to record your interviews, maybe you want to keep them in a special notebook – it's up to you! Don't forget to write down people's answers to your questions!

Once you have interviewed some people about their soundtracks, try listening to these tracks and see what you think – you may discover a new favourite song or band! You could even make up a playlist for all of the soundtrack songs you collect!



**Here are some questions to get you started:**

- What is your earliest musical memory?
- What song reminds you of your brother/sister/friends?
- What is your favourite song to listen to in the car?
- What song reminds you of your parents or grandparents?
- Which song do you love to dance to?
- Which song reminds you of someone you really care about?
- Which song makes you think of sunny weather?
- What music would be perfect for a picnic on a sunny day?
- What is your power song (the song that makes you feel confident and powerful)?
- If there was a TV show all about you, what would the theme tune be?

**Your questions:**

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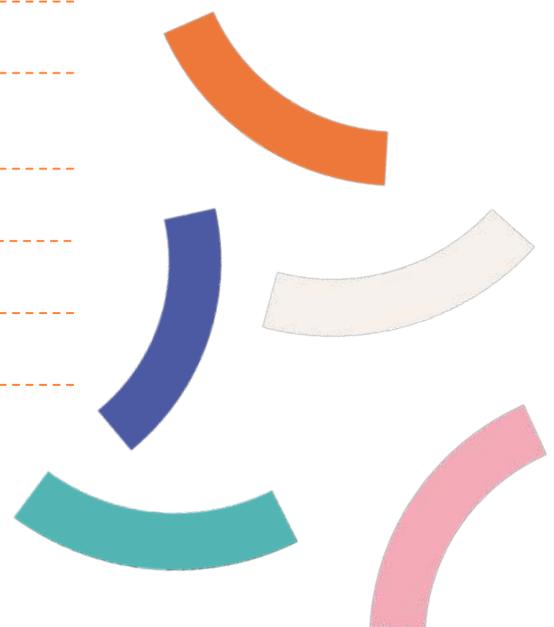
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## Soundtrack to our lives – interview log!

**Person interviewed:**

**Date:**

**Questions and answers:**

