

# **Your Creativity, Your IMPACT**

## Identity Box - Music & Memories

By Laura Rosa Lupo

**elevate**  
education to empower



### **Laura Rosa Lupo**

#### **Bio**

I am an EFL teacher who has been working non-stop since 1985. I worked as a teacher and coordinator at ARCI in Rosario, Argentina, for more than 30 years. Since 2009, I have been managing THE ATTIC, my own small language school and Cambridge Preparation Centre; I also taught English Literature for five years at our local Teacher Training College "Olga Cossettini", which made my love for the English language and culture grow enormously. Being a passionate literature lover, I have been coordinating the online "398.2 Reading Club" for six years now- I opened it during the COVID pandemic. Finally, though I have not studied Positive Psychology formally, I can humbly say I have been using its principles instinctively, intuitively from day one.



**Institution:** The Attic



**Level:** Online Conversation Club (B2 – C1 level)



**Location:** Rosario, Santa Fe, Argentina



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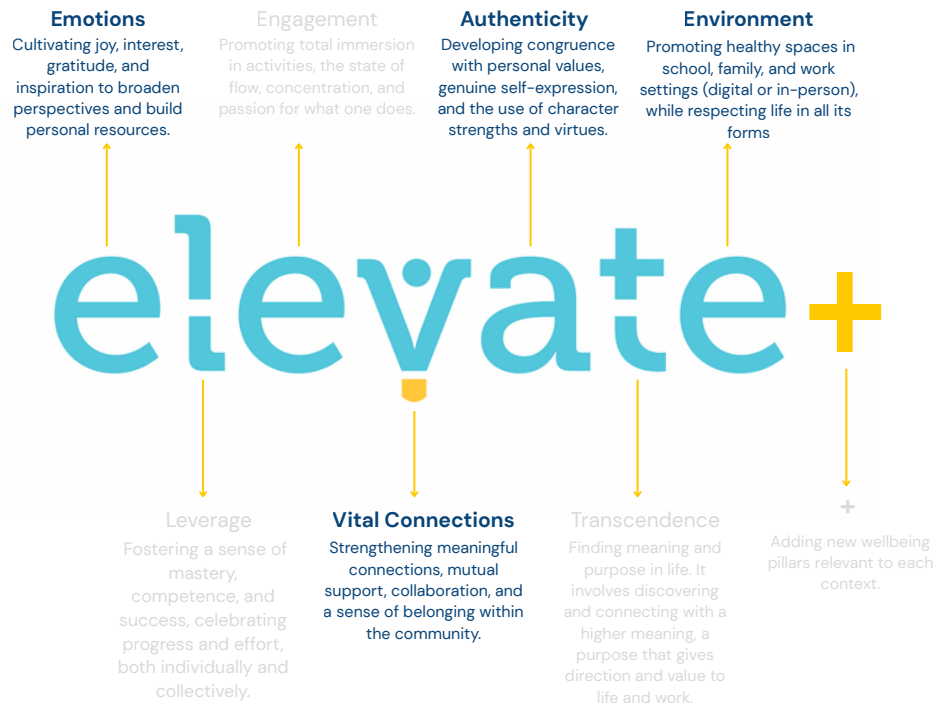


**Ig:** laurarlupo – readingclub398.2



## The ELEVATE+ Activity

Which ELEVATE+ Pillar(s) does this address?



### Objectives:

**Objective:** Foster meaningful connections and bonds of affection among the members of the Online Conversation Club (ages ranging from 25 to 60)

**Time Allotted:** 1.30hs

**Materials Needed:** Access to internet connection, electronic devices (cellphone, computer, tablet), digital presentation tools (Powerpoint, Canva, Prezi), Spotify.

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## Step-by-Step Description:

### PRE-CLASS TASK:

Before the class, students were asked to: first look for five photos that were relevant to them and then choose a song that spoke to them in some way or another.

### STEP 1: WARMING UP (aprox 15 minutes)

At the beginning of the lesson, students were asked to reflect on their search for the photos and songs and whether they had found the task either hard or effortless.

### STEP 2: PRESENTATIONS (aprox 5 minutes per student)

Students went on to present their Identity Boxes (IBs), explaining why those five photos were the chosen ones. The choice was varied. Yet, the photos were mostly connected with their childhoods, their families and friends, their pets, their dream trips and their goals. All of them spoke openly about the emotions related to their IBs and received warm feedback from their peers, which made the interaction totally rewarding.

### STEP 3: MUSIC & MEMORIES

While each of the chosen songs was being played, students related their songs to the memories they brought back to them. Some of them also stopped to reflect on parts of the lyrics and what that meant to them in particular. At the end of the class, we made our own Spotify playlist, which, by the way, is highly eclectic indeed, and decided to call it Music & Memories. This shared playlist helped students develop a strong sense of belonging to the group.

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## Impact & Reflection:

### Student Impact:

The students were encouraged to talk about their feelings and emotions authentically, in a meaningful way, and in a safe environment. So much so that some of them even joined the singer while their song was being played, thus enhancing a deep sense of identity. Bearing in mind that this is a 100 % online group, the IBs and the shared playlist created bonds of affection among the students in a way I had never anticipated. In the following classes, I noticed an improved working atmosphere as barriers across different age groups and different socio-cultural backgrounds were broken down.

### Teacher's Reflection:

In the following classes, I noticed an improved working atmosphere as barriers across different age groups and different socio-cultural backgrounds were broken down.

### A Tip for Others:

This activity could be easily done with students of all ages and all levels to foster meaningful communication and strengthen bonds of affection.

### Call for Submissions!

Do you have an activity that brings the **ELEVATE+** pillars to life? Whether it's a 5-minute check-in or a full-hour project, we want to see it!

Submit your activity [here](#)

**let's elevate education together!**



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