



BLACK SEL
SUMMIT 2022



Black SEL & Music

PIERCE FREELON | HIS ROYAL BLACKNESS

IMPLEMENT SEL IN YOUR CLASSROOM

“Feeling” Songwriting Workshop: A Metaphor is a type of figurative language. It's a figure of speech or creative way of describing something that isn't literally true but helps make sense of an idea. Metaphors can be powerful tools to express how you feel and are often used in music. Listen to how jazz vocalist Nina Simone expresses her feelings in her song "Feeling Good."

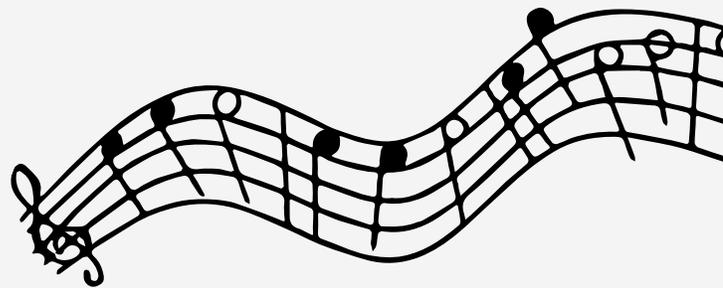
Step 1 – Listen: Play “Feeling Good” by Nina Simone

Verse 1

*Birds flying high / You know how I feel
Sun in the sky / You know how I feel
Breeze driftin' on by / You know how I feel*

Chorus

*It's a new dawn It's a new day / It's a new life / For me
And I'm feeling good / I'm feeling good*



Step 2 – Reflect: Which of Nina Simone's metaphors were most powerful to you? How did Nina Simone use metaphors from the natural environment to express how she was feeling?

Step 3 – Write: We're going to write our own verse to the “Feeling” song! Take a few minutes to sit quietly and check in with yourself. How are you feeling? Write down at least one emotion to describe your feeling right now.

Take another few minutes to close your eyes and imagine that you are feeling your feelings somewhere in nature. Take a deep breath and paint a visual picture in your mind of a natural environment and answer two questions:

- 1. Where are you? (a desert? outer space? underwater? in the sky?)**
- 2. What are you? (a dolphin? the moon? tiny plankton? A waterfall?)**

Now write your metaphors down just like Nina Simone: you could be the sun in the sky, a running river or a blossoming tree, etc. You can be whatever you imagined when you close your eyes, or something completely different. Write down three of your metaphors, followed by the line "you know how I feel" (bonus points if you can make it rhyme - but not necessary). Then sing the chorus and announce how you're feeling!



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It should look something like this:

Step 4 – Sing:

Fill in the blank:

Metaphor 1: _____

You know how I feel

Metaphor 2: _____

You know how I feel

Metaphor 3: _____

You know how I feel

Chorus

It's a new dawn

It's a new day

It's a new life

For me

And I'm feeling: _____

Here's an example of the completed exercise:

Metaphor 1: Bear under the snow

You know how I feel

Metaphor 2: Fire burning low

You know how I feel

Metaphor 3: Tortoise moving slow

You know how I feel

Chorus

It's a new dawn

It's a new day

It's a new life

For me

And I'm feeling: Sleepy.

Step 5 – Discuss!

