Lesson 5: My Voice in the World
Empire State Creates: Teaching Artist-Led Activities for Everyone

Project Title: The Emboldened Voice Project  
Age(s): Adult

Time: 20-30 minutes  
Arts Discipline: Music, Creative Process

ACTIVITY AT A GLANCE

Goal(s):
- Become more comfortable manifesting personal power and taking up space

Materials:
- Computer with Audio/Video Playback
- Smart phone or computer with Bandlab or other audio recording program, such as Voice Memo (www.bandlab.com to access Bandlab program on computer or phone)
- Paper, Pen/Pencil

New Word(s)

NYS Arts Learning Standards (select no more than 2 - student audiences only)

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<th>STEPS</th>
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<td><strong>Step #1</strong></td>
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| **Step #2** | ● Play Lesson 5.1. *Taking up Space (reprise)*  
Take as much time as you need between sections of this lesson, and come back to this practice whenever you like. |
| **Step #3** | ● Take out paper and a pen/pencil  
● Complete *Appreciating My World* assignment  
● Play Lesson 5.2 *Soundscape Example* |
Take as much time as you need between sections of this lesson, and come back to this practice whenever you like.

| Step #4   | ● Take out paper and a pen/pencil  
|          | ● Complete *The Voice I Want to Be* reflection free-writing assignment |
| Step #5  | ● Listen to Lesson 5.4 *Final Moment of Intention* |

Activity Modifications (as needed): Any activity given should be modified as best suits you. Anything standing can be done sitting down. Breath/Speak/Sing as you are comfortable. Even imagining a sound can be effective.