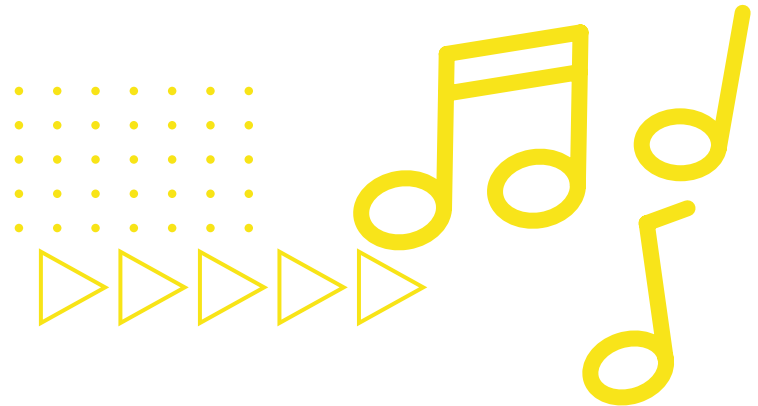


Playlist Activity



Our Youth Action Group told us that one of the things they like to do for self-care during difficult times is to listen to uplifting music. This came as no surprise as there is lots of evidence around the positive and meaningful impact that music can have.

For Anti-Bullying Week, create a school playlist. Even better if you can create this playlist with suggestions from the whole school. You might want to ask every pupil to submit a suggestion, or you could collect a limited number of suggestions per class. All that's left to do is collect the suggestions, create a playlist, hook up to a speaker and let the fun begin.

We would suggest that creating the playlist might be an ideal activity for your Anti-Bullying Committee, or similar group, or perhaps a group of older pupils, it's over to you.

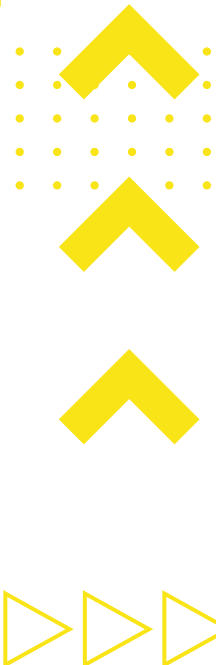
Adults are advised to check the lyrical content to ensure the chosen playlist is appropriate for the school audience.

We have some suggestions to help get you started.

Positive and uplifting tracks

Here are some suggestions from our Youth Action Group. We think you will agree they are all uplifting in content.

- Taylor Swift: *Shake it Off*
- Taylor Swift: *Mean*
- Bastille: *Survivin'*
- Greatest Showman soundtrack: *This is Me*
- Shakira: *Try Everything*
- Elton John: *I'm still standing*
- Taylor Swift: *This is why we can't have nice things*
- Taylor Swift: *Bad Blood*
- Imagine Dragons: *I'm on top of the world*
- Taylor Swift: *I forgot that you existed!*
- Alessia Cara: *Scars to your beautiful*
- Imagine Dragons: *Thunder*
- Bastille: *Flaws*
- Pharrell Williams: *Happy*
- Bastille: *The Currents*
- Bastille: *Power*



Other Suggestions

- Ellie Goulding: *Joy*
- Jessie J: *Who you are*
- Florence and the Machine: *You've got the love*
- Kt Tunstall: *Suddenly I see*
- American Authors: *Best day of my life*
- Chloe Adams: *Pretty's on the inside*
- Lewis Capaldi: *Someone you loved*
- Lewis Capaldi: *Bruises*
- Rhianna: *Diamonds*
- Lizzo: *Good as hell*
- Marshmello ft. Bastille: *Happier*
- Khalid: *Young, Dumb and Broke*
- Olivia O'Brien: *Complicated*
- Avril Lavigne: *Everybody hurts*
- Beyonce: *Best thing I never had*
- Katy Perry: *Roar*
- Lady Gaga: *Born this way*
- Pink: *Perfect*
- Barenaked Ladies: *I saw it*
- Christina Aguilera: *Beautiful*
- Rise Against: *Survive*
- Bob Marley: *Get up stand up*
- Incubus: *Undefeated*
- Everclear: *Everything to everyone*
- Britney Spears: *Stronger*
- Marina: *Can't pin me down*
- Clara Mae: *Not sad anymore*
- Kelly Clarkson: *Stronger*
- Aretha Franklin: *Respect*
- Destiny's Child: *Survivor*
- Kelly Clarkson: *Heartbeat song*
- Journey: *Don't stop believing*
- Rachel Platen: *This is my fight song*

Primary version

Many of the songs below will also be suitable for primary aged children.

- Shakira: *Try everything*
- Steps: *Reach for the stars*
- Pharrell Williams: *Happy*
- Justin Timberlake: *Can't stop the feeling*
- Katy Perry: *Roar*
- Leona Lewis: *Walking on sunshine*
- The Lovin Spoonful: *Do you believe in magic*
- The Beatles: *Twist and Shout*
- The Jackson Five: *ABC*
- Sister Sledge: *We are family*
- The Beach Boys: *wouldn't it be nice*
- Quvenzhané Wallis: *It's the hard knock life*
- The Monkees: *I'm a believer*
- Carly Rae Jepsen: *Call me maybe*
- Dwayne Johnson: *You're welcome*

Extension task 1.

You could extend this activity by writing the song suggestions and artists on cards or stickers. You could display them on a noticeboard in your school.

Extension Task 2.

As an extra activity, you may want to ask pupils to complete a written activity. Be aware that pupils may disclose sensitive experiences here.

THE SONG THAT I LISTEN TO
WHEN I NEED TO FEEL BETTER
IS...

I LOVE THIS SONG BECAUSE...

A TIME WHEN THIS SONG REALLY
HELPED ME WAS WHEN...

Bullying can be an emotive subject that can trigger some difficult feelings. Children and young people should be encouraged to speak to an adult if this occurs, or contact Childline Scotland on 0800 1111 to speak to someone anonymously.