

APOLOGY SONG - COLLEGE Level
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Title: The Apology Song
Length of Lesson: two class periods

The Five Languages of Apology

1. Expressing Regret – *"I apologize"*
2. Accepting Responsibility – *"I was wrong"*
3. Making Restitution – *"What can I do to make it right"*
4. Genuinely Repenting – *"I'll try not to do that again"*
5. Requesting Forgiveness – *"Will you please forgive me"*

"Sorry is a word surprisingly unheard ..."

"We can make it happen.. Fill the world with peace and love ... Start a chain reaction ... Beginning with a simple word... "

Objective:

"Apology" delivers a message of peace. The song is written and performed by Michael Johnathon. The Apology song is a very sincere and direct musical performance that speaks to creating peace in the world and starting a chain reaction through our own individual actions. How may we let peace begin with ourselves? How we may be start in our day to day lives? For students, encourage them to think about how they may begin to spread peace at school and among their friends.

Once students have listened to the song, there will then be a reflection time in which they write down their feelings. The teacher may include some fundamental questions such as, "What does the word peace mean to you?" "What are some ways that you may create and work for peace in your lives, school and community?" "How do you think music brings people together?" There are so many forms of beautiful music around the world. Students are encouraged to appreciate and celebrate diversity not only in musical form, but in our lives and the ways we treat one another and all beings.

Description of Lesson/Activities & Procedures:

Activity 1:

Activity 1 will have students listen to “The Apology” while chairs are in a circle. Having this seating arrangement will allow students to express themselves more and feel a sense of connectedness to their class. After students listen to the song, they will be able to share what they feel about the song and the message of it. Ask students to express their feelings on what it means to sincerely apologize. How will being able to apologize help increase peace. What is the difference between a sincere apology versus just saying the words, “I am sorry.” How will this spread a message of kindness and teach others through their actions of peace.

This is an excellent opportunity to discuss the importance of kindness and not bullying others. Also, ask students to explore the idea of how music brings people together. Ask students to think about The Apology song for example. How does this song demonstrate the importance of treating all with kindness. Students may share their journal entries before moving on to Activity 2 for this lesson, or they may not share. Sharing may be encouraged for a sense of community and collaboration. Students are encouraged to think about social media specifically as well. This will allow the students to think about the message and ways to apply it to their lives and community. In addition, Activity 3 will have students journal write to explore these topics. Students will work on a specific activity in reference to the internet and the ways it may be used for resourceful and positive change and the ways that it is used to bully and pressure others.

Activity 2:

Activity 2 in this lesson will have students to explore the idea of how music and art bring people together. Students will research and find one song that demonstrates and relays a message of peace. Students will complete this for both “The Apology” song and another song they find to be particularly meaningful to them. The song will demonstrate a time in which music brought about peace. Students will create an artistic piece to accompany both songs. Students are encouraged to be creative with their artistic design. Students should submit their ideas for initial approval and then design their art. Creativity is strongly encouraged throughout this process. This activity encourages students to think about how they may also create music and/or art to bring about peace. This activity also strongly encourages creativity. For instance, students may decide to do a painting, a drawing, a sculpture, a photography project, or a mosaic. Those are possible examples that may help them as they begin the creative process. In addition, research skills are explored as well as students research songs that deliver a message of peace.

Activity 3: Activity 3 is journal writing. Students are encouraged to think about the real meaning of a sincere apology. Ask students to reflect upon the difference of a sincere apology versus just saying the words, “I am sorry.” Students may also explore free writing around the concept. The second journal entry will have students reflect upon social media and online bullying. This is a very big issue in today’s society. Students may not often be able to recognize what this means or how their own behaviors may be contributing to it. The journal writing will allow students to reflect before Activity 4, which has them write about the topic of internet and social media and specifically the ways that the internet as a valuable resource and tool for positive change and insight, versus the ways in which is used as a bullying tactic and in a hurtful manner.

Activity 4: Students will write about the topic of internet and social media. Specifically, students will research the ways that the internet is a very valuable resource and tool for positive change and insight, versus the ways in which is used as a bullying tactic and in a hurtful manner. Students will write an informational piece that is two-three pages and includes at least three reliable sources.

Goals & Objectives:

- Students will apply the concept of peace into their daily lives and communities
- Students will understand the ways that music encourages peace and a sense of community
- Builds critical thinking skills through journal writing
- Builds communication Skills
- Encourages working collaboratively in an effort to create peace
- Encourages reflective writing
- Students will understand historical examples of how music encourages peace and togetherness
- Creativity encouraged through design of art projects
- Various art forms researched and applied in design of art projects
- Writing standards are encouraged with writing project for activity 4
- Research skills
- Accurate citation

Vocabulary Within Lesson:

The goal of this entire lesson is for students to HEAR a message of peace and apply to their lives. I don’t want to have students focus on particular vocabulary words for this lesson; rather, the message of peace, kindness, including everyone and loving all beings, and also what it means to sincerely apologize when we need to do so. Students are encouraged to think about the meaning of the word compassionate and what it means to live a compassionate life.

Rubric and Guidelines:

The following are guidelines in which you may assess student's understanding and application of this SONG

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Demonstrates an understanding of artistic and musical expression as a message of peace, kindness, and inclusion of everyone. There are not further guidelines for this lesson. Peace is the message and creating it by finding ways to do so in our daily lives. You may decide to have students display and discuss their art work. If so, students may offer their views of each work. This will encourage peer assessment, while also encouraging critical thinking as students discuss one another's work in a respectful manner.

In addition, the following may be used as the instructor to grade the artistic projects:

Creative Project/Presentation Scoring Sheet

Creativity/Presentation of material	<u> </u> /
	<u> </u> /
	<u> </u> /
	<u> </u> /
	<u> </u> /
	<u> </u> /
	<u> </u> /
Total	<u> </u> / 100