



Please note that **SONGS FOR LIFE AND CHANGE** encourages :

1. teachers and students to create 1-2 additional questions (for each *Pen Pal worksheet*) that they feel would generate an answer that compliments their other responses.
2. teachers to distribute each section of the *pen pal worksheet* **one** worksheet at a time (one worksheet every 3 weeks depending on the schedule). The *lyric/poem stanza* worksheet is optional. However, we strongly recommend that students write a verse/stanza that builds upon their insights gained from revisiting the *pen pal worksheet* that corresponds to that *lyric/poem stanza worksheet*. The teacher only passes out the *lyric/poem stanza worksheet* for each verse/stanza's timeframe. Hence, student is only working on one verse/stanza at a time. The finished worksheet is collected and saved; student then moves on to the next *pen pal worksheet*. The previous *lyrics/stanza worksheets* are given to the students *after* all the worksheets have been completed. This ensures that students are either in the worksheet phase or the drafting phase. They can make changes and additions to any verse in the drafting stage, which will likely reflect the benefit/gift of reflection time.
3. students to use the content from each *pen pal worksheet* to write 1-2 paragraphs to their pen pal.
4. teachers to email the SONGS FOR LIFE AND CHANGE program director with any questions (traciana@songs4LC.com) , suggestions, or concerns at anytime throughout the exchange.
5. students and teachers to use online *and* paper worksheets to capture their responses, when possible. Please note that all worksheets are available online.



Pen Pal Worksheet for SONGS FOR LIFE AND CHANGE

Who I Am

- I am _____ and I was born on _____.
(name) (birthday)
- I have _____ brothers and _____ sisters whose names are:

- My nickname is _____.
- I live in _____, _____, _____.
(city) (state) (country)
- I live in a/an _____.
(apartment/house/condo/trailer/other)
- When I look out my window, I see:

- I like where I live because:

- Three words I would use to describe myself are:



Pen Pal Worksheet for SONGS FOR LIFE AND CHANGE Lyrics

Who I Am

- My favorite color is _____. My next favorite color is _____.

- I like clothes that are:

- People like me because:

- For fun, I like to:

- Three things I like best about myself are:



Lyrics/Poem Draft: Verse/Stanza 1—*Who I Am*



Pen Pal Worksheet for SONGS FOR LIFE AND CHANGE
My Dreams and Goals

- When I was little my hero was: _____ because:
_____.
- I am really good at: _____.
- When I finish school my goal is to: _____
_____.
- When I close my eyes and think about paradise, I see:
_____.
- My idea of a perfect day is:
_____.
- The person I most want to be like in life is: _____,
because: _____.



Lyrics/Poem Draft: Verse/Stanza 2—*My Dreams and Goals*



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Pen Pal Worksheet for SONGS FOR LIFE AND CHANGE Lyrics

My Obstacles and Challenges

- The toughest thing about my day is: _____

- I wish I had more: _____

- I really have to work hard at:

- If I wasn't so _____, it would be easier for me to:

- The most difficult part about school for me is:

- The situation that discourages me the most is:

because: _____



Lyrics/Poem Draft : Verse/Stanza 3—*My Obstacles and Challenges*



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Pen Pal Worksheet for SONGS FOR LIFE AND CHANGE

My Resources and Strategies

- The person I rely on the most is _____ because:
_____.
- When I need advice, I go to _____ because:
_____.
- The best thing(s) I can do to get ahead is (are):

_____.
- I think most people quit because:
_____.
- To me, success means:
_____.



Lyrics/Poem Draft: Verse/Stanza 4—*My Resources and Strategies*



Pen Pal Worksheet for SONGS FOR LIFE AND CHANGE

My Hopes and Wishes

- I would like the young people I share my song/poem with to know that I understand how it feels to: _____

_____.

- I want the young people to know that I share the same concerns about: _____

_____.

- I hope the young people I share my song/poem with, know we are trying make a difference by:

_____.

- I want the young people to know that I am thankful for:

_____.

- My wish for the young people I share my song/poem is:

_____.



Lyrics/Poem Draft: Verse/Stanza 5—*My Hopes and Wishes*