

ACTIVITY GUIDE

Carei Thomas Neighborhood Ensemble – Jazz Band:

Writing/Essay/Journal

When musician Carei Thomas was paralyzed for a year, his friends knew that he would come back and play music again, even without the full use of his hands. What is an obstacle in your life that has kept you from doing what you want? How could your friends help you overcome this obstacle? How could you help your friends overcome their own obstacles?



Activity

As you listen to the piece “gi-go,” make a list of five emotions that you feel or hear in the music, then create your own piece of art or music that incorporates these emotions.

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