

OUR FAMILY ANTHEM

Song and music connect and bind us in ways that are sometimes hard to explain. Music brings JOY and having a song that is “ours” feels so good! Remember back to earlier days of a relationship when a song could have so much meaning. When you hear that song, it has the ability to take you back to a place and time, and it elicits THAT FEELING. Your family needs a theme song; an ANTHEM! A go-to song to kick off a kitchen dance party on the good days and to lift spirits or reset the mood on days where everything feels amiss.

SO LET’S GET TO IT AND PICK YOUR FAMILY’S ANTHEM!

STEPS:

1. IF SOMETHING IMMEDIATELY COMES TO MIND, WRITE IT ON THE LIST.
2. THINK OF A SONG THAT BRINGS YOUR FAMILY JOY AND WRITE IT ON THE LIST.
3. THINK OF A SONG THAT BRINGS BACK SPECIAL MEMORIES AND ADD IT TO THE LIST.
4. LISTEN TO THE SONGS, AND TAKE INPUT FROM ALL FAMILY MEMBERS.
5. AFTER YOU HAVE REVIEWED AND LISTENED TO THE SONGS, PICK THE ONE THAT BEST FITS YOUR FAMILY.
6. TRY NOT TO OVERTHINK IT, IT’S OKAY IF IT’S NOT PERFECT.

SECTION 1: *our family anthem*

THE LIST:

OUR FAMILY *anthem* IS

BY

WE CHOSE THIS SONG BECAUSE

LET THE KITCHEN DANCE PARTY BEGIN!