

# Creativity Prompt

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## Memory Mixtape: A playlist of musical souvenirs

### Description

Create a playlist or “Mixtape” of songs inspired by some favorite memories.

### Time to Complete

5-20 Minutes

### Materials

A smart phone, access to the internet or CD/Record/Tape collection and a piece of paper.

### Instructions

Start by making a list highlighting a few of your favorite memories. Here are a few prompts to get you started:

Vivid childhood memories

Trips/vacations

“Firsts” (first job, camping trip, love, etc.)

“Lasts” (last day of school, book you read, concert you attended)

People: Pick a memory you associate with a loved one

Places: Write down significant places that evoke joyful memories

Are there songs that jump to your mind right away while making this list? Add them to your playlist!

Go through your list one by one and pick a song or piece of music to represent each one. There is no right or wrong way to do this.

Create your playlist! Use whatever format you want, a streaming service or your music library, or go old school and burn a CD or even make a real mix tape.

Play your playlist! Enjoy your music memories. Then wait a few days and play it again. Can you remember which song matches which memory?

### Sharing Suggestions

Challenge a friend or family member to make a playlist and share them! Share a few of your selected songs with us on social media. Comment on this activity’s Facebook post or tag @OperaOmaha in an Instagram Story with #hcofcreativityprompts.