



PHILUATIA 4 MUSIC / Let's make a song about loving yourself

1- INTRODUCTION

General Introduction: PROJECT EUROPE IN LOVE

Europe in love is an Erasmus + project that takes place between the 2015-2017 courses with the association of 6 countries (Spain, Germany, United Kingdom, Italy, Finland and Slovakia). The main thread of the project is Love, a universal value, a concept valid for all countries and places in the world and especially the European Union.

It is a transversal theme in education but so far it has not been dedicated a special study, an attempt to convey it specifically as the motor of our lives, as the only concept that should prevail if we want Europe to remain a unit. If we want the idea of Europe to survive and be real we must reject the hatred that gave us birth in the twentieth century and walk hand in hand as siblings in this 21st century in which we live. Let the 21st century be the century of love and we will be able to remain united to progress. And that idea is what we intend to transmit with these didactic units in schools across the continent. We intend to develop a material that can be used by teachers from all countries, of all ages, to convey this idea of unity to all students in Europe.

For their elaboration and programming we have been based on the multiple intelligences of Howard Gardner and their application to the basic educational competences that the students must acquire, as the European educational laws indicate us through the different ministries of education of all the partner countries in this project. Our aim was to create activities based on them, that were complete and attractive for students, for different educational levels and subjects.

We want to teach the students of the European Union to love each other to stay together and move towards a better future. If there is no love, nothing will work.

But the word Love is unique, although it has many meanings. We have resorted to the cradle of our civilization, to ancient Greece to try to define its typology. They did not have a single word to define this feeling as we have the word Love. They had different words depending on their typology. We have chosen six of them, to try to transmit love in all its variety and magnitude: agape or love for our neighbor, eros or passionate love, philautia or self love, pragma or mature love, ludus or flirtation and friendship or friendship. We have dedicated the same number of didactic units to each of them. That is the objective of this work, to make



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available to the entire European educational community, in case it may prove useful, the universal value of love that will guide us together towards a better future.

b- Topic introduction: PHILAUTIA

Philautia is the love for oneself. In order to love others we must begin with ourselves. If we respect ourselves, we will be respected. Philautia is to give importance to the self, to individualism, which is also necessary. There are two types of philautia, just and necessary self-esteem that improves us, which pretends that we are good inside to be able to be well on the outside and where this goal is sought through fashion, hobbies, sport, seeking the inner balance through food, healthy habits, of our leisure activities. And the other type is the one we must correct, the one that borders on narcissism, which sometimes makes us put the self beyond the reasonable: excessive fame, pride, cult of the body, self-obsession, personal fortune, selfishness..., defects which we must fight against.

In Europe we must respect the taste for oneself, for the country itself. Because it is necessary that we value ourselves positively, but without passing, without falling into chauvinism or ultra nationalism which can lead to separation and rupture. And that is one of the main dangers of the Union. Let us teach this feeling correctly and avoid greater evils that are coming, which have already been established. We have a great opportunity to transmit to the European students what is reasonable and what is exaggerated and can lead to disaster.

2 - WORKING PLAN

TARGET STUDENTS: 10-20 students, High school / grade 1 (age 16-17)

PLACE: classroom

TIME: 45' / LESSONS: Music – 4 lessons

3 - METHODOLOGY

Teacher headed discussion / individual work / pairwork / groupwork

ICT (Information and computer technologies)

4 - ACTIVITIES BASED ON MULTIPLE INTELLIGENCES



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ACTIVITIES tasks	Assessment %	Multilple INTELLIGENCES	SKILLS
Listening to the songs and discussing about them.	20%	Linguistic-Verbal Musical /Rhythmic	Information processing. Linguistic communication. Music and lyrics analysis.
Creating a song by working in groups.	70%	Interpersonal Linguistic-Verbal Musical/Rhythmic	Autonomy and personal initiative. Creative groupwork. Using Garage Band. Learn to learn.
Learning the new song.	10%	Interpersonal Musical / Rhythmic	Singing. Co-operation.

5 - SUBJECT LEARNING OBJECTIVES

*song structure (lyric aspect and musical aspect)

*creative team work

*song co-writing according to a theme

*acknowledgement of songs' capability to affect

*a succesfull creative process will have a positive effect on students self-esteem

6- EVALUATION / ASSESSMENT



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*Self-assessment of students

*Group discussion

Students can write about how did they work and how did they think they succeeded in making a song. Group discussion about the project and the song they created.

MATERIALS AND RESOURCES

*possibility to listen to music

*lyrics of songs (on screen or on paper)

*green, pink and yellow Post-it notes, pencils

*iPads with Garage Band



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