

CREATE A PROTECTIVE FACTORS PLAYLIST

Individual, Dyadic, or Group Art Exercise

USE THIS EXERCISE TO BUILD:



Nurturing
Parent-Child
Interactions



Social and
Emotional
Abilities



Safer and
More Stable
Conditions



Resilience
and a Growth
Mindset



Social
Connections

PURPOSE

This exercise is designed to further introduce protective factors to participants, and to inspire individual connections to each factor. Group facilitators can use this playlist to put on at the beginning or end of future group sessions. Parents can complete this exercise with their children as a fun activity to do together and play it during family routines (See Exercise 10: Routine Building for ideas on how to create new routines).

SUGGESTED ACTIVITY LENGTH: 1 HOUR

5 minutes for instructions | 40 minutes for activity | 15 minutes for reflection

MATERIALS

[Protective Factors Infographic](#) handout for each participant

Music streaming platform account, like Spotify (free with ads), Apple Music, or YouTube (free with ads)

Notes for the facilitator

- Print out the “Protective Factors Infographic” sheet for each participant, or have the sheet visible for participants to read throughout the session.
- Choose your music streaming platform, and create an account beforehand (if needed). Some common platforms that allow playlist creations are Spotify (free with ads), Apple Music, and YouTube (free with ads).
- While creating the playlist in a group, act as the moderator (the person who adds the songs as they’re suggested) to streamline the process.
- Consider getting started on the playlist in advance of the group, with a few song examples ready in the playlist.
- This could also be a take home assignment, to give participants more time to think of songs they like that are applicable to them.



When using this activity with children:

- Consider age (recommended range: 5–18 years old)
- Choose your music streaming platform, and create an account beforehand (if needed). Some common platforms that allow playlist creations are Spotify (free with ads), Apple Music, and YouTube (free with ads).
- To complete this activity at home, have kids think about times when things feel hard, when they want to feel brave, and when they want to have fun and experience joy.
- Have kids choose their favorite songs and name them, like “cheer up song”, “dancing song”, “calming song”, etc.
- Then, brainstorm when you can listen to these songs together (on drives to school, during morning/afternoon routines, etc.).

TALKING POINTS TO INTRODUCE PROTECTIVE FACTORS

- Protective factors are things and people in your life that help you even when you’re being hurt, or have been hurt in the past.
- Everyone benefits from protective factors, but what they look like in each person’s life is unique.
- Think about these questions to help define what the protective factors mean to you:
 - When you hear safety and stability, what does that look like for you?
 - Everyone needs help sometimes. What connections do you already have?
 - What does connecting with your child look like - what do you like to do together?
 - Survival is resilience. When you hear this, what feelings come up for you?
 - How can knowing and caring for yourself help you to develop stronger relationships?
- If you can do things to build one protective factor, even in small ways, you might start to experience other benefits. For example:
 - If you create routines that help you and your children know what’s coming next, then you or they might feel more in control of your lives.
- If you intentionally think about and visualize what you want your future to look like, you might be more willing to ask your family members for specific kinds of support to help you get there. These five protective factors help **both** you and your children directly - not just you, or just them.



HOW TO FACILITATE THIS EXERCISE

- 1 Using the “Protective Factors Infographic” sheet, read through the protective factors.
- 2 Potential facilitation questions:
 - When do you listen to music?
 - Why do you listen to music?
 - What is the importance of music to you? To your culture?
- 3 Ask participants to name songs that remind them of the following:
 - Safety and stability reduce stress and increases choice.
 - It takes a village to thrive- we all need to feel belonging and connection to others.
 - Showing love and care to your children heals both you and them.
 - You’ve survived hard things and can create your own future.
 - When you know and care for yourself, you can build stronger relationships.
- 4 Don’t rush the exercise, and have fun with it! You can have each person create their own playlist or even create a collaborative one!

Questions for kids and families:

- What song makes you feel happy or excited?
- What song do you like to listen to when you feel sad?
- What song do you like to listen to when you want to dance or move around?
- What song helps you calm your body down and feel relaxed?
- What song do you like to listen to when you feel proud of yourself?
- If you were to pick a song that represents our family, Which song would you pick and why?

REFLECTION QUESTIONS

- Why did you choose this specific song?
- What feelings does each song bring up for you?
- How do you think this playlist can help you?
- How can you create space to listen to this playlist?