"LIFE IS BEAUTIFUL" WITH KEB' MO'

Est. Time: 60 minutes Subjects: ELA, HSS, General Music, SEL Age Range: All Ages



How does Keb' Mo's song "Life is Beautiful" express the importance of celebrating each other and every day with those you love?

In this lesson you will:

- Discover the Delta Blues and its connection to Rock and Roll
- Learn about Keb' Mo' and his song "Life is Beautiful"
- mindfulness

Apply the message of "Life is Beautiful" to your life through creativity and



Kevin Moore was born in Compton, CA in 1951. As a teenager he was nicknamed Keb' Mo'. Keb' Mo' is an American Blues musician and five-time Grammy Award winner.



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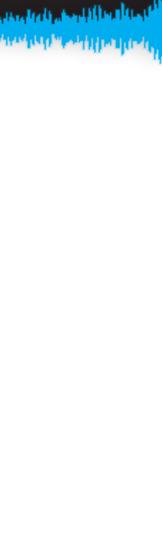
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Keb' Mo' has been described as a living link to the Delta Blues.



The Delta Blues is a style of the Blues music genre. It developed in the Mississippi Delta region and has been played for over 100 years. Delta Blues was first recorded in the 1920s and has been acknowledged as being highly influential in the development of Rock and Roll.

Watch this video to hear how the Delta Blues musician Robert Johnson's song "I Believe I'll Dust My Broom" evolved with the onset of Rock and Roll.



Many styles of music, including the regional Delta Blues, derived from the Blues. The Blues is a feeling. Whether it is happy, sad, or somewhere in between, it's intention is always the same- to make you feel something. Similarly, if you want to feel something, you play the Blues.



One of Keb' Mo's best known songs is "Life is Beautiful."

Watch Keb' Mo perform "Life is Beautiful" in **this video**, and read the lyrics **here**.





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Consider or ask a friend:

- Which lyrics in this song do you feel are most joyful? •
- Can you name other songs that convey joy? •
- example from your own life.

Is it possible for a song to lift your spirits when you are blue? If so, give an



- The Delta Blues has been played for over 100 years and is known as a strong influence on Rock and Roll
- the Delta Blues.
- Keb' Mo's song "Life is Beautiful" shares his feelings of love of joy in • everyday experiences.

SUMMARY

Keb' Mo' is a highly-respected musician and has been called a living link to



BE CREATIVE

- Illustrated Song Lyrics: Choose song lyrics that you like from "Life is Beautiful" and illustrate them on paper or on your device.
- portrait and the words that you have chosen.

Create an Infographic: Brainstorm a list of people, places, experiences and things that make you feel joyful. Create an infographic which includes a self





air, or walking in mud.

BE MINDFUL

Once a day, take some time to write in a journal about a pleasant event. This could be anything from petting a dog, hugging a loved one, breathing fresh



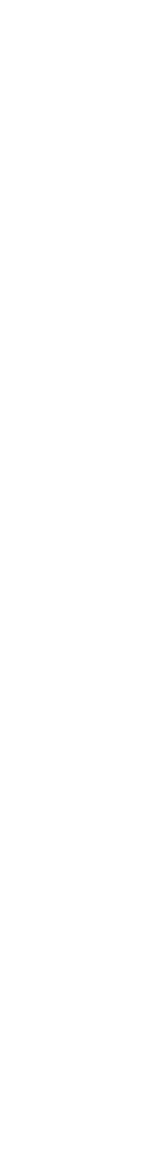
BE MINDFUL

Record the event by answering the following questions:

- What was the event? •
- Were you aware of it as it was happening? •
- How did your body feel in the moment? •
- What moods, feelings, and thoughts accompanied this event? •
- •

Notice how you feel after a week or more of paying attention to pleasant events.

What thoughts and feelings are in your mind now as you write about the event?





- Learn more about the Blues here
- Find out more about Keb' Mo' by exploring this webpage

BE CURIOUS

Listen to some examples of the influence of the Blues on Rock and Roll





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CONNECT

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