

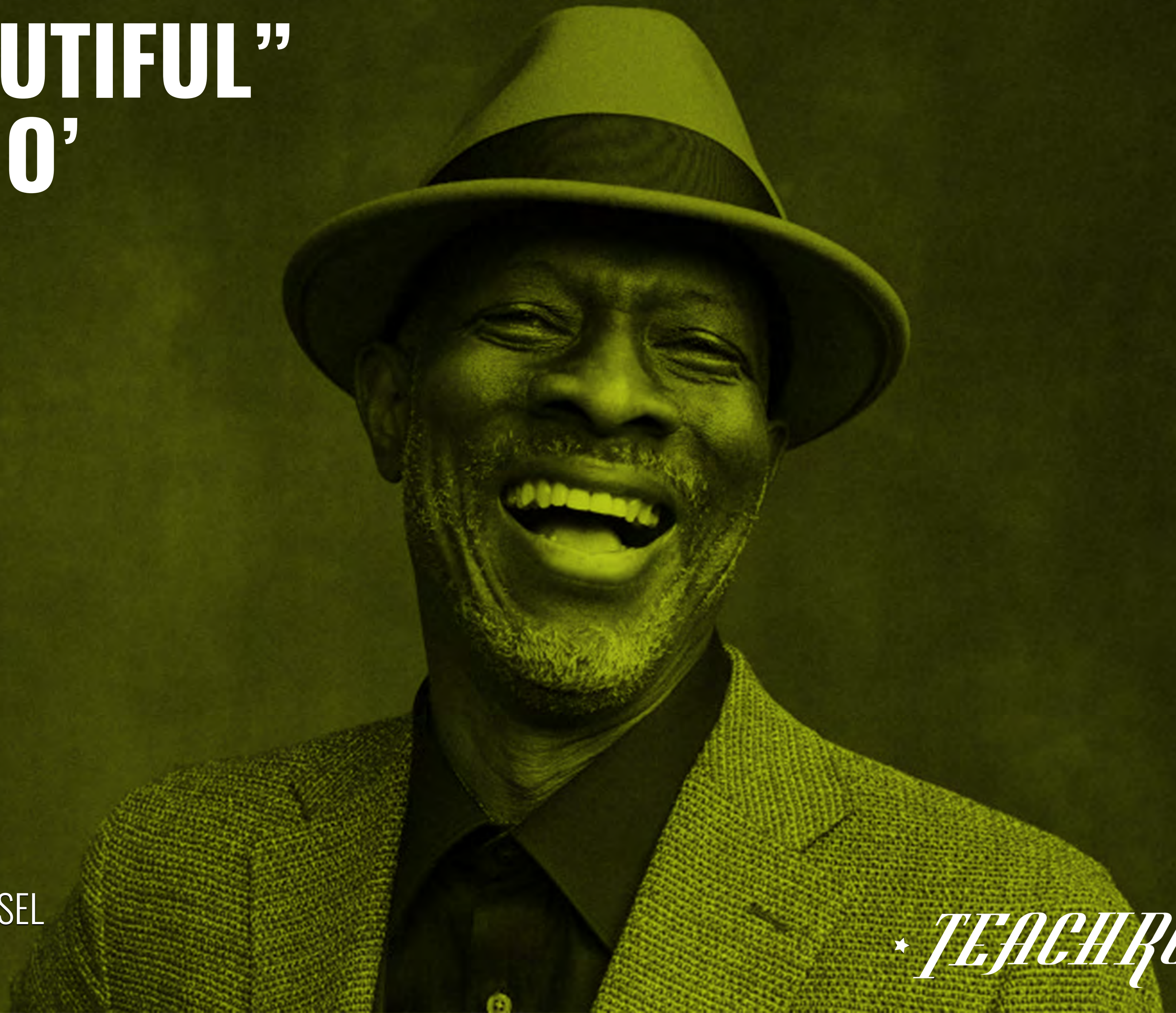
# “LIFE IS BEAUTIFUL” WITH KEB’ MO’

Est. Time: 60 minutes

Subjects: ELA, HSS, General Music, SEL

Age Range: All Ages

★ *TEACHROCK* ★








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




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.





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. One of the reasons it is called “Blues” is because many of the genre’s songs contain lyrics about feelings of frustration, loneliness, or sadness. But not all Blues songs are about sad topics.





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


In April of 2020, Keb' Mo' performed this song of love and joyfulness from his home to provide comfort during the COVID-19 crisis.

**Watch the video here**, and **read the lyrics**.





Consider or ask a friend:

- Which lyrics in this song do you feel are most joyful?
  - Can you name other songs that convey joy?
  - Is it possible for a song to lift your spirits when you are blue? If so, give an example from your own life.
- 



# SUMMARY

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





# BE CREATIVE

- **Illustrated Song Lyrics:** Choose **song lyrics** that you like from “Life is Beautiful” and illustrate them on paper or on your device.
- **Create an Infographic:** Brainstorm a list of people, places, experiences and things that make you feel joyful. Create an infographic which includes a self portrait and the words that you have chosen.
- **Sing the Blues:** Sing “Life is Beautiful”, using the song lyrics above, acapella style, **sing along with Keb’ Mo’**, or create your own blues song.





# 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 air, or walking in mud.



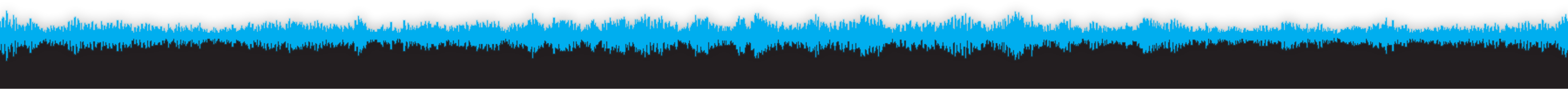


# BE MINDFUL

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

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



# BE CURIOUS

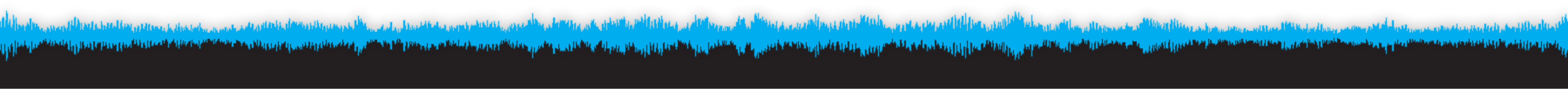
- Learn more about the Blues [here](#)
- Listen to [some examples](#) of the influence of the Blues on Rock and Roll
- Find out more about Keb' Mo' by exploring [this webpage](#)





# CONNECT

Share with us! Either you or an adult in your life can share your illustrated sing lyrics, a video of you singing the Blues with TeachRock or an entry from your journal on **Instagram** or **Facebook**, email to **info@teachrock.org**, or Tweet it to **@TeachRock** and tag it with **#LeanOnUs**







★ *TEACHROCK* ★  
•ORG

Visit us at [teachrock.org](https://teachrock.org) for hundreds of other free arts-rich resources for every age range and classroom.

Please check back to [teachrock.org/distancelearning](https://teachrock.org/distancelearning) frequently as we will update the material daily!