

ACTIVITY GUIDE

Low – Indie Rock Band:

Writing/Essay/Journal

Alan Sparhawk and Mimi Parker are married with two children and are members of Low, an Indie rock band formed in 1993. They write much of their own music which some have labeled as melancholy or dark. What challenges do you think they face as musicians/songwriters and as a married couple who share parenting and a musical career? How can art assist in the healing process?



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