



My Music and my Emotions



Music help kids learn core mindfulness skills and music is fun! Music is known to be able to change your mood. Music can cheer you up, comfort you or even give you the blues.

The "**My Music and my Emotions**" mindfulness game helps kids:

improve focusing skills,
pay attention to sounds,
and to get in touch with emotions.

Preparing the activity is lots of fun too. All you need to do is to make a playlist with music that expresses different emotions. With older kids you can explore different kinds of emotions, and with younger kids you may want to keep it simple.

Play the songs one by one, and ask the kids how it makes them feel.

Does it make you feel **happy, sad, peaceful** or even **angry**?
Then ask them **why** it makes you feel this way?

Is it the pitch, the volume, the speed, the instruments, the singers voice, or is it the lyrics the singer is singing? You can then make your own playlist and have your favourite songs ready for whenever you need it!

Here are some songs from my "**Music and My Emotions**" playlist ... you can use it to build your own list of songs.

I play these when I feel happy or want cheering up or for when I want quiet and calmness.

Do your thing by Basement Jaxx

(We Want) The Same Thing by Belinda Carlisle

Lifewire by Oh Wonder

Fly by Ludovico Einaudi

