SOCIO-EMOTIONAL SKILLS

Unit 3





When you know how music connects to your feelings, you can learn how to use music as a tool to improve your mood. We associate certain music with certain moments so you can, for example, feel better in difficult times by playing the music that makes you happy.

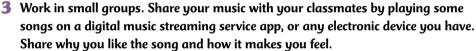
Materials

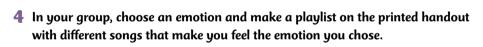
- · Pen or pencil
- · Music you like
- · CD or MP3 player
- · Colored pencils or markers
- · Printed handout

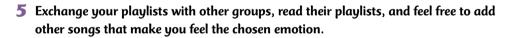
STEP BY STEP

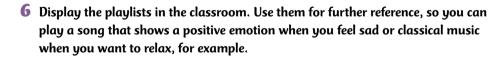
- 1 Discuss as a class.
 - 1 What music genre do you like listening to?
 - 2 What do you think about the idea that music helps you understand how you feel?
 - **3** Do you agree that you choose the music you listen to according to how you feel?
- Think of different songs you like and write them.















- 7 If you have time, you can play some songs from the playlists and discuss as a class how the songs make you feel.
- **8** Discuss with your group.
 - 1 Do you think music influences 3 Do your friends listen to the your emotions?
 - 2 What kind of music do you listen to most of the time?
- same music as you?
- **4** Do they react to that music like you do?

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If you want to learn more about how music affects your mood and emotions, you can go to: http://www.edutics.mx/iAs



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