



EMOTIONAL WELL-BEING

1. MUSIC AND YOUR EMOTIONS

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?

2 Think of different songs you like and write them.

3 Work in small groups. Share your music with your classmates by playing some songs on a digital music streaming service app, or any electronic device you have. Share why you like the song and how it makes you feel.

4 In your group, choose an emotion and make a playlist on the printed handout with different songs that make you feel the emotion you chose.

5 Exchange your playlists with other groups, read their playlists, and feel free to add other songs that make you feel the chosen emotion.

6 Display the playlists in the classroom. Use them for further reference, so you can play a song that shows a positive emotion when you feel sad or classical music when you want to relax, for example.

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 your emotions?
- 2 What kind of music do you listen to most of the time?
- 3 Do your friends listen to the same music as you?
- 4 Do they react to that music like you do?

IT

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

 macmillan
education

D.R. 2023 © Macmillan Educación, S.A. de C.V. Only for teaching purposes.

1 / 2



EMOTIONAL WELL-BEING

1. MUSIC AND YOUR EMOTIONS



Our Playlist

Songs that make us feel

