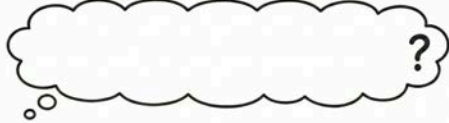


How Does MUSIC Make You Feel?

Play this video and reflect after each clip about how it made your body and mind feel.

CLIP 1: CALM MUSIC (Soft Piano)

How did this clip make you feel?



What did your body want to do?



Relax



Close my eyes



Sway



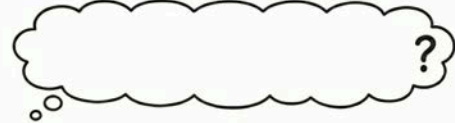
Other: _____

Energy Level: Low / Medium / High



CLIP 2: HAPPY MUSIC (Upbeat Pop Beat)

How did this clip make you feel?



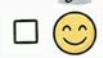
What did your body want to do?



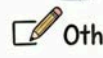
Dance



Tap my feet



Smile



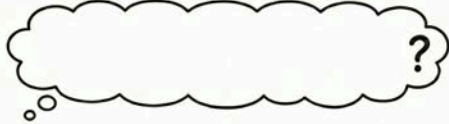
Other: _____

Energy Level: Low / Medium / High



CLIP 3: SAD MUSIC (Slow Minor Chords)

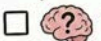
How did this clip make you feel?



What did your body want to do?



Sit still



Think quietly



Slow down



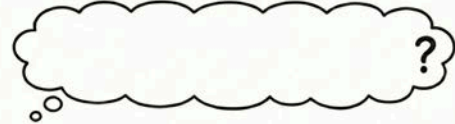
Other: _____

Energy Level: Low / Medium / High



CLIP 4: BRAVE/STRONG MUSIC (Dramatic Drums)

How did this clip make you feel?



What did your body want to do?



Stand tall



Move with purpose



March



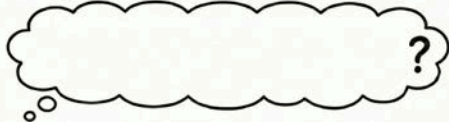
Other: _____

Energy Level: Low / Medium / High



CLIP 5: SILLY/PLAYFUL MUSIC (Whimsical Tune)

How did this clip make you feel?



What did your body want to do?



Wiggle



Make silly faces



Bounce



Other: _____

Energy Level: Low / Medium / High



Which clip was your favorite and why?

1. Calm Music 🌙
2. Happy Music ☀️
3. Sad Music ☁️
4. Brave/Strong Music 🛡️
5. Silly/Playful Music 🎈

Draw what one of the clips felt like inside your body.

