



Music Appreciation

Music

ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Music benefits our overall good health. Music can get us to sing, dance, smile and jump with joy. Certain types of music can help us to unwind, relax and improve our mood and help us to sleep better. Listening to a variety of music helps to bring back memories from our childhood and as young adults. Having an appreciation of different genres of music stimulates our brain and helps us to improve our memory. (hopkinsmedicine.org)

TIME

Set aside at least thirty minutes to listen to different types (genres) of music

MATERIALS

A device to access playing music

All costs below range from \$50.00 and up

- Computer
- Cell phone
- Tablet
- Access to the internet/wifi
- Visit the local library to access computer or borrow a tablet

INSTRUCTIONS

Include any instructions needed:

1. Choose a genre of music to listen to. We will use a classical as an example.
2. Choose 5 samples of classical music that are popular
3. Mozart, Beethoven, Bach, Chopin, Vivaldi are some examples.



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4. Choose a selected piece to listen to at least 2-3 times
5. Use notebook, or recorder to write or say which music you like and why
6. Write down pictures that come to your mind and talk about how the music makes you feel, what are you thinking when the music plays
7. Keep a diary or start a music journal based on music favorites
8. Invite a friend to listen to your favorite music
9. After a few weeks you can change the type of music to listen to, such as try Jazz, or Blues.

RESOURCES

- [Youtube.ca](https://www.youtube.ca)
- [Spotify](https://www.spotify.com)
- [Applemusic](https://www.apple.com/music)
- [Amazonmusic](https://www.amazon.com/music)

SUPPORTS NEEDED

Ask for support to download the music if needed. You may want to set up an account to download music. This can be done through Spotify, Apple Music, etc.

See below.

OTHER THINGS TO NOTE

Introduce new music to other family and friends to help them to learn about different types of music, especially if it's a genre they have not used before.

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