

Music and Emotion

Arts | Music



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WHAT MAKES IT MEANINGFUL

The "Music and Emotion" activity is meaningful because it helps individuals explore how music can influence and express their feelings. By connecting sounds with emotions, participants develop a deeper awareness of their inner experiences and learn to express those emotions creatively through art or discussion (Greater Mood Magazine). This activity encourages emotional self-awareness and helps build empathy, as individuals reflect on how different types of music evoke various moods. It's also a fun and accessible way to process and communicate feelings, promoting emotional growth and well-being.

TIME

+ Minutes Craft. Unlimited play.

MATERIALS

- A device to play music
- A selection of different songs or pieces of music (varied in style and mood)
- Paper and colored pencils, markers, or crayons (\$2+)
- Optional: Emotion cards or pictures showing different feelings (\$5+ or make your own!)



INSTRUCTIONS

1. Choose a few songs or pieces of music that evoke different emotions. For example, pick one song that is happy, one that is sad, and one that is calming. Make sure you have a variety of styles and tempos to explore different feelings.
2. Find a comfortable place to listen to the music. Make sure you have your paper and coloring supplies ready. If you're using emotion cards or pictures, have them nearby for reference.
3. Play the first piece of music and listen carefully. Close your eyes if it helps you focus on the music. Pay attention to how the music makes you feel. Are you happy, relaxed, excited, or maybe a bit sad?
4. After listening to the music, use your colored pencils or markers to draw or doodle what you felt. For example, if the music was happy and upbeat, you might draw bright colors and smiling faces. If it was calming, you might use soft colors and gentle shapes.
5. If you're with others, share your drawings and discuss how the music made you feel. Talk about why you chose certain colors or shapes to represent your emotions. This can help you understand and express your feelings more clearly.
6. If you have emotion cards or pictures, try to match each piece of music with an emotion from the cards. For example, find a card that shows "joy" and see if the happy song matches that feeling. This helps connect music with specific emotions.
7. Make a playlist of your favorite songs that evoke different emotions. You can use this playlist to explore how different pieces of music affect your mood at different times.
8. (OPTIONAL) Turn it into a game by listening to a song and guessing the emotion it might represent. Then, compare your guesses with how the music actually made you feel. This adds a fun challenge and deepens your understanding of music and emotion.

RESOURCES

- Music and it's positive effects on Mental Well-Being: [Psychiatry.org - The Transformative Power of Music in Mental Well-Being](#)
- Cognitive benefits of music: [How musical training affects cognitive development: rhythm, reward and other modulating variables](#)
- Power in play with music: [The Power of Music: To Feel, Heal, and Connect - MGH Clay Center](#)
- Music and emotion: [How Many Emotions Can Music Make You Feel?](#)
- Giving encouragement and praise: [Praise, encouragement and rewards](#)
- How to make a Spotify Playlist: [Create playlists - Spotify](#)
- How to make a YouTube Playlist: [Create & manage playlists - Android - YouTube Help](#)
- How to make an Apple Music Playlist: [How to create a playlist in the Apple Music app - Apple Support \(CA\)](#)

*All prices are quoted from listings on *Amazon.ca*

SUPPORTS NEEDED

This activity requires some fine and gross motor skills, assist when necessary. Some individuals may also need a bit of encouragement for play! Be sure to prioritize creativity and independence in this activity.

OTHER THINGS TO NOTE

Experiment with different genres of music like classical, rock, jazz, or ambient to explore a wide range of emotions. Try to create a drawing or art piece that combines multiple emotions from different songs. Use your playlist to create a "mood music" chart for different activities or times of day. "Music and Emotion" is a great way to connect with how music affects our feelings and helps us express ourselves through art and discussion. It's a fun and creative way to explore the powerful link between music and emotions!

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