

Music Helps You Think and Feel

Recommended for Grades K-2

Summary: Listening to a song with no words and write down or draw how it makes you feel.

What You Need:

- Pencil and Paper
- A device that can play a song with no words (no lyrics).
- *Start by finding a grownup who can play a song with no words on some device. It can be any kind of music.*
- Sometimes this is called “mood music” - or it could be the soundtrack for a movie, or background music for pictures of nature, or just music that makes you feel something. It can be music that is fast and fun, or slow and restful, or scary, or exciting, or in between.
- *Draw the pictures in your mind or on your paper that the music gives you. Explain to your grown-up what about the music made you think of the picture you drew. Was it happy, sad, scary, quiet, loud, fast, slow, high, low? You can share the picture with your teacher.*



Just for fun activities: Here's the link to a song with no words. Ask a grown-up to play it for you! When you hear it, guess what it is about. Then listen again and dance along. https://www.last.fm/music/Hot+Butter/_/Popcorn

From: Lesson plan used with the permission of Mrs. McMahon & Mrs. Hyde