



DISCOVERY KIT #3

MUSIC AND EMOTIONS

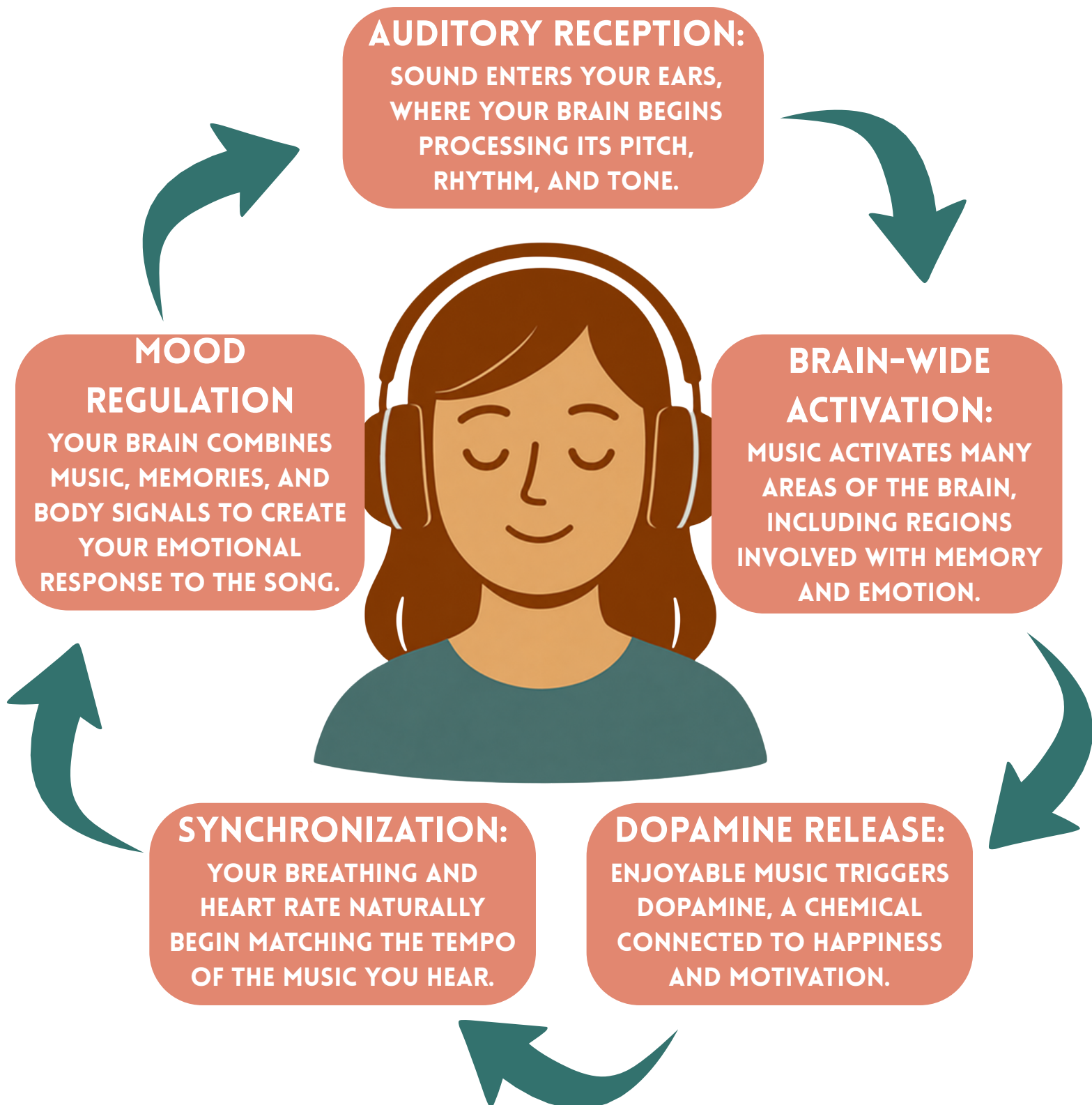
A stylized illustration of a person with brown hair and a teal shirt, wearing large brown headphones. Their eyes are closed and they have a slight smile, suggesting they are enjoying music.

Discover how music affects the way we feel.

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FROM SOUND TO EMOTION

How does music impact your mood?



MUSIC DOES MORE THAN YOU THINK

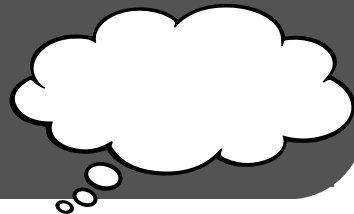
1 MUSIC CAN CHANGE YOUR HEART RATE.

Fast music can make your heart beat faster, while slow music can help it slow down.



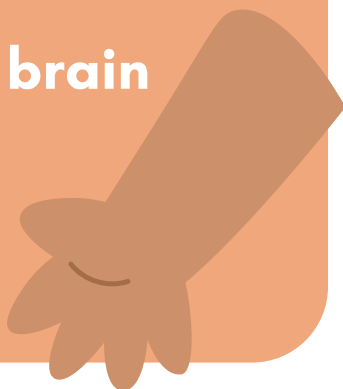
2 MUSIC HELPS YOU REMEMBER.

Your brain can connect songs to important moments, making them reminders of people, places, and experiences.



3 MUSIC CAN GIVE YOU CHILLS.

Powerful songs sometimes create goosebumps because your brain is reacting emotionally.



4 MUSIC ACTIVATES YOUR REWARD SYSTEM.

Listening to music you enjoy releases dopamine, a chemical associated with happiness and motivation.



MUSICAL MOOD MAKER

Composers use musical elements like tempo, key, instruments, and volume to create different emotions. Choose two different emotions, then build two songs (one on this page, one on the next page) using the musical components below. Be creative and explain your thinking!

SONG #1

EMOTION:

TEMPO (SPEED):

- ☐ Slow
- ☐ Medium
- ☐ Fast

KEY:

- ☐ Major (often sounds bright or happy)
- ☐ Minor (often sounds serious or emotional)

VOLUME:

- ☐ Soft
- ☐ Medium
- ☐ Loud

INSTRUMENT:

- | | |
|---------------------------------|---------------------------------|
| ☐ Piano | ☐ Violin |
| ☐ Guitar | ☐ Drums |

WHY DID YOU CHOOSE THESE MUSICAL ELEMENTS?

MUSICAL MOOD MAKER

SONG #2

EMOTION:

TEMPO (SPEED):

- ☐ Slow
- ☐ Medium
- ☐ Fast

KEY:

- ☐ Major (often sounds bright or happy)
- ☐ Minor (often sounds serious or emotional)

VOLUME:

- ☐ Soft
- ☐ Medium
- ☐ Loud

INSTRUMENT:

- ☐ Piano
- ☐ Guitar
- ☐ Violin
- ☐ Drums

HOW DID YOUR MUSICAL CHOICES CHANGE BETWEEN YOUR TWO SONGS? WHICH EMOTION WAS EASIER TO CREATE?

HOW MUSIC CAN BENEFIT YOU



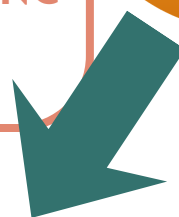
REDUCES STRESS

CALMING MUSIC CAN SLOW YOUR HEART RATE AND BREATHING, HELPING YOUR BODY ENTER A MORE RELAXED STATE. AS THE BODY RELAXES, LEVELS OF CORTISOL, THE BODY'S PRIMARY STRESS HORMONE, DECREASE. THIS CAN REDUCE FEELINGS OF ANXIETY, LEAVING YOU FEELING MORE CALM AND AT EASE.



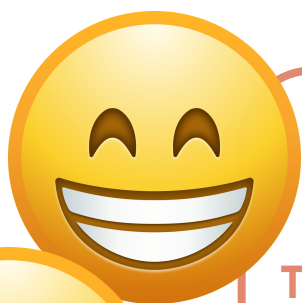
IMPROVES MOOD

WHEN MUSIC MEETS OR PLEASANTLY SURPRISES OUR EXPECTATIONS, THE BRAIN RELEASES DOPAMINE, A CHEMICAL ASSOCIATED WITH PLEASURE, MOTIVATION, AND HAPPINESS. THIS IS ONE REASON WHY LISTENING TO A FAVORITE SONG CAN LIFT YOUR MOOD.



INCREASES SOCIAL CONNECTION

MUSIC IS OFTEN EXPERIENCED WITH OTHERS THROUGH CONCERTS, CHOIRS, DANCES, AND SHARED PLAYLISTS. THESE SHARED EXPERIENCES CAN STRENGTHEN RELATIONSHIPS AND CREATE A STRONGER SENSE OF BELONGING.



MUSIC IN EVERYDAY LIFE

The many benefits of music aren't just for musicians. Here are some ways music can help you in your everyday life!

STUDYING

Need to concentrate?
Calm instrumental music
can help reduce
distractions.



CAN'T SLEEP?

Gentle music can help
your mind and body
wind down after a busy
day, making it easier to
fall asleep.



WORKING OUT

Fast music can
boost your energy
and motivation.



CELEBRATION

Music makes exciting
moments even more
memorable by bringing
people together.



FEELING NERVOUS?

Listening to a
favorite
calming song
can help you
feel more
relaxed and
confident.



MY MUSICAL MENU

Just like food nourishes your body, music can nourish your emotions. Create a Musical Menu filled with songs you can "serve" yourself whenever you need a boost, a moment of calm, or a special memory.

Step 1: Brainstorm Your Ingredients (Page 9)

For each category:

1. Write a song that fits the category.
2. Ask yourself why that song belongs there.
3. Write your reason in the description section.

Chef's Tips:

1. There are no right or wrong answers!
2. Pick songs that are meaningful to you.
3. Don't overthink it—choose the first song that comes to mind.

Step 2: Cook Up Your Final Menu (Page 10)

1. Write the name of your restaurant in the blank box at the top of the page.
2. Add songs to each category.
3. Explain why the song belongs there.

Example Menu



APPETIZERS

Song Title

Description of when to listen to the song or how it helps you.

Song Title

Description of when to listen to the song or how it helps you.

MUSICAL MENU BRAINSTORMING

On the following page, you will create a go-to menu of songs for different activities.
Use this page to brainstorm songs that are important to you.

APPETIZERS: SONGS THAT BRIGHTEN YOUR MOOD AND HELP YOU FEEL YOUR BEST

Song

Description (when to listen to song or how it helps you)

MAINS: SPECIFIC SONGS FOR FOCUS, ENERGY, MEMORIES, AND SPECIAL OCCASIONS

Song

Description of specific event that song is used at

DESSERTS: SONGS THAT BRING COMFORT, JOY, AND REMIND YOU OF HOME

Song

Description (when to listen to song or how it helps you)

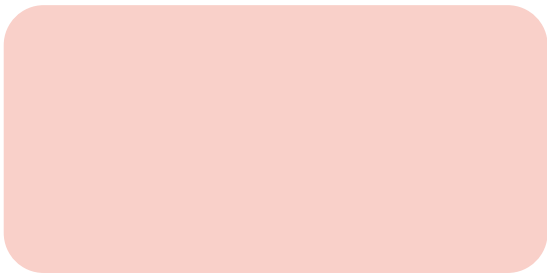
CHEF'S SPECIAL: YOUR FAVORITE SONG TO RECOMMEND TO SOMEONE ELSE

Song

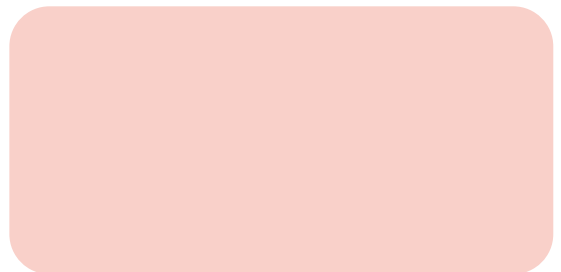
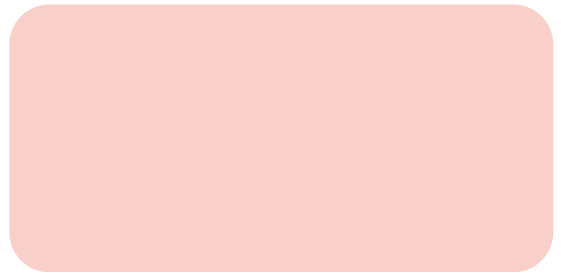
Why You Would Recommend It



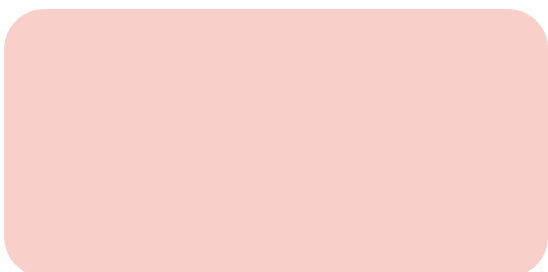
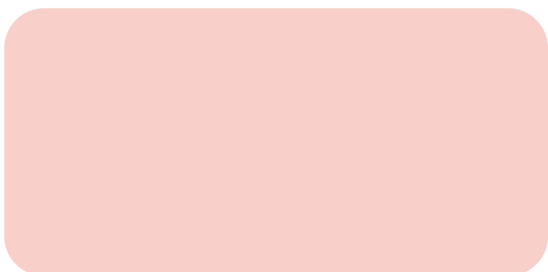
APPETIZERS



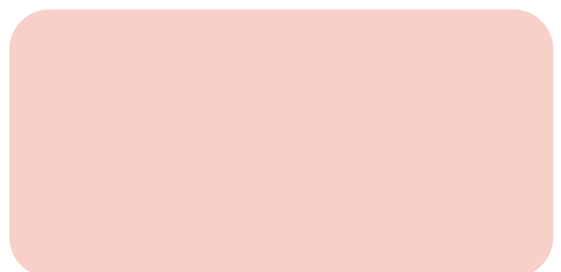
MAINS



DESSERTS



CHEF'S SPECIAL



REFLECTION

Take a moment to reflect on what you've learned about music and emotions, and how music impacts your own life.

HAVE YOU EVER HEARD A SONG THAT COMPLETELY CHANGED YOUR MOOD? WHAT HAPPENED?

WHAT SURPRISED YOU THE MOST ABOUT HOW MUSIC AFFECTS YOUR EMOTIONS?

WHICH SONG ON YOUR MENU IS THE MOST MEANINGFUL TO YOU? WHY?

HELP US IMPROVE

ENJOYED THIS DISCOVERY KIT? SCAN THIS QR CODE TO COMPLETE A QUICK 2-MINUTE SURVEY. YOUR FEEDBACK HELPS TO CREATE EVEN BETTER EDUCATIONAL RESOURCES.

