



MOOD MUSIC - GRADES K-12

Supplies

For this activity, you will need to create a playlist with diverse genres.

Instructions

You will start by placing your students in a circle.

Next, ask them to close their eyes as you play a section of each song.

Tell the students to really focus on how the music makes them feel and what emotion(s) they experience while listening to the music. Encourage them to move and dance in their own space to help express that emotion.

After 20 seconds of them closing their eyes and dancing, ask them to open their eyes and have them all dance together.

Stop the music and have a quick conversation about how they felt when listening to that specific song (you can even write down the song name and under that make a list of the emotion they felt).

Continue on until you have gone through the entire playlist.