

<b>MUSIC &amp; WELL-BEING</b>	
<b>Learning Target OR Standards &amp; Connections</b>	
<ul style="list-style-type: none"> <li>• To reduce stress.</li> <li>• To gain a better understanding of one's inner state.</li> <li>• To gain an experiential understanding of how music can be a tool to improve health and well-being.</li> </ul>	
<b>Essential Outcome(s)</b>	<b>Level(s)</b>
Students will... <ul style="list-style-type: none"> <li>• Demonstrate an understanding of their own state before and after listening to music.</li> <li>• Become more relaxed.</li> <li>• Understand music is not a sport nor competition. Music is an art and a science and can be used to create a particular impact on a listener.</li> </ul>	All ages
<b>Activity/Project</b>	
<ol style="list-style-type: none"> <li>Participants will answer the following questions on a piece of paper:               <ol style="list-style-type: none"> <li>How stressed are you right now? (scale of 1-10)</li> <li>When was the last time you took a slow, relaxed, conscious breath?</li> <li>Have you been very frustrated today?</li> <li>Have you been joyful today?</li> <li>When is the last time you laughed?</li> <li>How tense is your body? (scale of 1-10)</li> <li>Are there any parts of your body that are especially tight or in pain?</li> </ol> </li> <li>Determine how much time you have for the listening activity. Set your device to play music for this time-period. This way you will not be checking the time during the activity, you know that when the music stops, the activity is over.</li> <li>Select music from <a href="#">this playlist</a>.</li> <li>After answering the questions, take a seat on the floor in a cross-legged posture.</li> <li>It is best to sit directly on the floor without any support, but if needed, you can sit on a cushion.</li> <li>Sit comfortably erect. Not rigid or tense.</li> <li>It is recommended to close your eyes.</li> <li>While listening, be aware of any physical sensations.</li> <li>When the music stops, slowly open your eyes.</li> <li>Answer the questions from step 1 again.</li> <li>Enjoy your day :)</li> </ol>	



### Extended Learning Incorporating Soundtrap

1. Make your own playlist of music that helps you relax and feel better. Share it with your friends!
2. Try using Soundtrap to create music that helps you relax and feel better.

The author of this curriculum is [Taylor Haun](#), a music teacher from Austin, Texas. Taylor teaches several musical groups in Austin including the Brazilian Percussion Ensemble at Westwood High School, and The Samba Knights at McCallum High School Fine Arts Academy. Taylor emphasizes music as a joyful art form and a tool to connect, heal, and grow.

