



Managing My Emotions with Music

This resource can be given to students to write down their favorite songs to help them navigate their different feelings. Use it as a discussion during class to generate song interests and explore emotions.

Thank you for downloading this freebie!



@TheMindfulMusicRoom

Name: _____

Managing My Emotions with Music

Songs I can listen to when I feel...



SAD

1. _____

2. _____

3. _____

What else can I do when I feel sad?

ANGRY

1. _____

2. _____

3. _____

What else can I do when I feel angry?

AFRAID

1. _____

2. _____

3. _____

What else can I do when I feel afraid?

HAPPY

1. _____

2. _____

3. _____

What else makes me feel happy?
