



## Music Makes Me Feel...

Choose a piece of music that is interesting and has varying sections (i.e., it sounds different in different parts), and that's not overstimulating.

Prompt the children to tell you how the music is making them feel (e.g., "This music sounds happy. It makes me feel silly."). You can also use puppets, dolls, or imaginative play to act out the music.

**More Support:** Notice children's reactions to the music and comment, "You are bouncing to the music. I think it makes you happy!"

*Examples of music: Autumn from The Four Seasons by Vivaldi ; Basin Street Blues by Louie Armstrong*

### Prompt Children to Label Their Emotions

"The music is really fast here. How does it make you feel? It makes you feel happy? I think the music does sound happy!"

"Oh, the music changed. Now it is slow! Do you feel the same or different when the slow music is playing?"