

Name/Title: Sound of Music (Stress Management)

Purpose of Event: To help students use music as a resource for managing stress.

Suggested Grade Level: 9-12

Materials Needed: CD/Cassette player, CD's supplied by the students, stars, tape

Description of Idea

Prior to the activity, assign students to bring in their favorite music (from a cassette tape or CD) that they use to relax or unwind.

For the activity put the music that the students bring into the CD player. Have students listen to the music, with eyes open or shut. Make a list on the board of each song title and the artist who performed the song. During the song and immediately after, have students write on a piece of paper what relaxing sensations come to them.

Variations:

Students could be asked the following questions to answer while the songs are being played:

- What do you think the artist was feeling when he or she wrote the song?
- What do you think the artist was singing about? Are there any underlying meanings that you perceive?
- How do you feel after listening to the song? More relaxed? Less relaxed?

Once the songs have all been heard, ask the students to vote on each song for the following questions: (You could use the stars to stick on the board next to the name of each of the songs. This could be like the Emmy's.)

- Who liked the song as a means for relaxation? (Put stars next to names of the songs for how many students raise their hands)
- Would you listen to the song on your own as a way to relax? (Put stars next to names of the songs for how many students raise their hands)

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