



It's a SPECTacular Jungle Out There (🌍 A Brain Health Story)
(4th Grade – 9 - 10 yrs.)
Demonstration: Face the Music



STORY CONNECTION – SLIDE 14 (Approx Time: 10-15 mins)

You need to remember that it is ok to feel all kinds of emotions. But the thing that you need to be able to do is identify what emotion you are feeling and then control that emotion. You may need to figure out how to “channel” your emotions or express them in a more appropriate way. You may need to talk to someone in your support system or you may need to come up with coping mechanisms (choose your own personal escape) to deal with whatever challenge you are facing that is causing your heightened emotional feeling. Being able to identify and control your emotions is what will separate you from the elephants. This is also what is going to make the emotional parts of your brain healthy, which will make it easier to handle challenges in the future.

Materials needed:

- A mix of music to invoke different feelings (links listed below)
- Equipment to play music links/playlist

Preparation needed:

- Determine if you will use the music provided or create your own playlist

Instructions:

1. This activity focuses on the emotional aspect of Brain Health. In this activity, student(s) will listen to a variety of musical selections. After each selection, they will identify how the music makes them feel and what aspect of the music made them feel that way.
2. Explain to student(s) they will hear a variety of different songs. As they listen to the music, they should think about how it makes them feel.
3. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
4. Using the links below:
 - Play the music one song at a time
 - Make sure the student(s) can only hear the music
 - They should not see anything on the screen that might influence their opinions.
5. After the student(s) have heard enough of the song to form an opinion, discuss:
 - what emotion(s) the music conjured up.
 - what about the music made them feel that way.
 - Then, take it a step further and ask student(s) to think about what type of scene from a movie, show, or book that this music might be good to use to better convey the emotions of the scene.

6. Continue the same procedure with all the music clips. Feel free to add, delete, or modify music selections as necessary for your student(s).
7. In closing, review that in this activity, they had to listen to the music and identify the emotions they felt when listening to it and why. In day-to-day life, student(s) will have to be able to identify and control their emotions all day every day. If they cannot do this on their own, they need to reach out to their support system. Identifying and controlling emotions is good for our Emotional Health and good Emotional Health makes our brain SPECTacular!

Music Links

- Upbeat/Happy Music: https://www.youtube.com/watch?v=W1xwTggzQ_g
- Calm/Sleepy Music: <https://www.youtube.com/watch?v=CKqcxHalnMM>
- Spooky/Scary Music: <https://www.youtube.com/watch?v=yJ9IN-K2VnM>
- Silly/Fun Music: <https://www.youtube.com/watch?v=DA-m6OrZZyk>
- Annoying/Confusing Music: <https://www.youtube.com/watch?v=6BKsnG33COW>
- Sad Music: <https://www.youtube.com/watch?v=e9-qLNwwkmE>
- Positive Music: <https://www.youtube.com/watch?v=e9-qLNwwkmE>
- Patriotic Music: <https://www.youtube.com/watch?v=BJepYzH1VUY>
- Classical Music: <https://www.youtube.com/watch?v=jgpJVI3tDbY>
- Jazz Music: <https://www.youtube.com/watch?v=dTz4G9JTUjs>