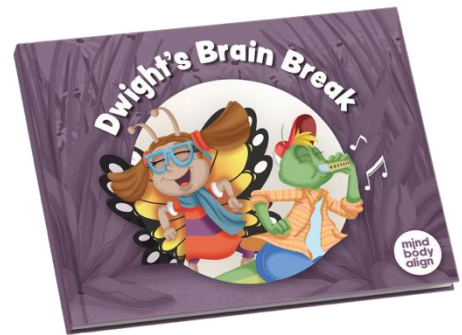


Labyrinth Adventures Book Suggestion



Grades K- 1

Mood Match Game

Exploring How Music Affects Emotions

Lesson Objective

Students will explore how music can influence thoughts, feelings, and body sensations while learning how to use music as one tool to support self-regulation and emotional well-being.

This lesson combines fun, active engagement, and emotional awareness, helping young learners understand and use music as a tool for emotional well-being.



Spotify Playlist

Scan above or visit

<https://open.spotify.com/playlist/0kmlQ5Gs5I4NYrh09Anda4?si=iBCcZV-BSAmBYjg7GAnGag>

Summary of Lesson

In this lesson, students explore how music influences emotions and learn how to use it for emotional regulation. They begin by discussing how different songs make them feel, then play the Mood Match Game, where they listen to music clips and match them to emotion emoji cards. A short practice with calming music helps them understand how music can support well-being. The lesson closes with reflection questions, reinforcing that music is a helpful tool for managing emotions.

Materials

Pre-Selected music clips (30-60 seconds each)
representing various emotions or our playlist →

Emoji Cards or Illustrations representing emotions
(happy, sad, calm, excited, etc.)

Space for movement (optional).

Dwight's Brain Break Storybook (optional).



Spotify Playlist

Scan above or visit

<https://open.spotify.com/playlist/0kmlQ5Gs5l4NYrh09Anda4?si=iBCcZV-BSAmBYjg7GAnGag>

Introduction

Objective Sharing:

"Today, we will learn how music can make us feel different emotions and how we can use music to help us feel calm, happy, or focused."

Engagement Question:

"Have you ever heard a song that made you feel happy, sleepy, or even a little silly? Let's see how music talks to our feelings!"

Lesson Outline

- Introduction
5 minutes
- Mood Match Activity
20 minutes
- Reflection & Closure
5 minutes
- Teacher Evaluation
& Reflection

Activity: Mood Match

Materials:

Pre-selected music clips (30–60 seconds each) representing various emotions (e.g., joyful, calm, sad, energetic).

Examples:

Joyful: “Happy” by Pharrell Williams or upbeat classical music.

Calm: Ocean waves or soft instrumental music.

Sad: Slow piano or violin pieces.

Energetic: Marching band music or lively dance tunes.

Emoji Cards or illustrations representing emotions (happy, sad, calm, excited).

Space for movement (optional).

Instructions:

Explain the Game:

“I’m going to play short clips of music. Your job is to listen carefully and match the music to the emotion you feel using these emoji cards.”

Play the Game:

Play one clip at a time. After each clip, ask:

“What do you notice in your body while you listen? Hold up the emoji card that shows your mood.”

Discuss briefly after each clip:

“Why do you think this music made you feel that way?”

(Optional) Encourage students to move or dance to the music if they feel like it matches the mood.

Reflection:

After playing all the clips, discuss:

“Did you notice how different types of music made you feel different emotions? Was there any music that helped you feel calm or happy?”

7 mins

Practice

Emotional Regulation with Music

Teach students how music is **one strategy** that can support emotional regulation.

"If you're feeling upset, you can listen to calming music to help you feel better. Or if you're feeling sleepy and need energy, you can play an exciting song!"

Lead a short calming practice:

Play a soothing piece of music.

Ask students to close their eyes (if comfortable) and take slow, deep breaths as they listen.

Guide them to imagine a peaceful scene that matches the music.

Reflection & Closure

Discussion Questions:

"What was your favorite music clip today? What did you notice in your body while you listened?"

"How do you think music can help us when we're feeling strong emotions?"

Takeaway tip:

"Remember, music is like a helper for our feelings. When you're feeling upset or excited, you can use music to help you feel just right."

Assessment

Observe how students match music to emotions during the game.

Discuss:

1. Can music affect how you feel? *"Tell me about a song or sound that changes how you feel."*
2. What did you notice in your body when you listened to the music? *"Did you want to move, become still, smile, dance, or do something else?"*
3. Can two people listen to the same music and feel different emotions? Why do you think that might happen?