



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Our Playlist of Mood Music

*An activity of "Control the volume when listening to music"*

Read "**Control the volume when listening to music**" (page 19, *What's Up* June 2022). The writer comments that "it is not possible to listen to too much music". In fact, listening to music is a healthy way to destress.

Perhaps you already listen to music to destress. Do you have favourite songs for different moods? What about your friends' preferences?

Work in small groups to examine the role of music in your lives.

1. In your group, talk about when you usually listen to music. In the "Moods" row, list five moods (or emotions) when you feel like listening to music.
2. List the songs you and your group members find suitable to listen to for each mood.
3. Share your reasons for choosing these songs. What is it about each song that makes it good to listen to when you are in that mood?

Music for every mood ...					
<i>Moods →</i>					
<i>Playlist → (Songs our group likes to listen to when in these moods.)</i>					