

Music and Me Worksheet

Music and Me
Music that helps me when I feel sad
Music I like to listen to when I feel happy
Music that helps me when I feel anxious
Music that helps calm me when I feel angry
Music that helps inspire me
Music that helps motivate me
Music that helps me feel relaxed, soothed and calm
Music that helps me prepare for physical and psychological challenges
Music that I like to have fun and dance to
Other situations I would like a playlist or song for