

Level of difficulty

- No musical background
- Basic musical background
- Advanced musical background

Family Activity

Musical Feelings ★

Music has the power to affect how we feel. Listening to music can make people feel happy, sad, calm or many other emotions.

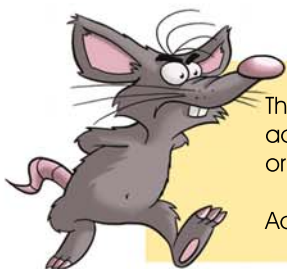
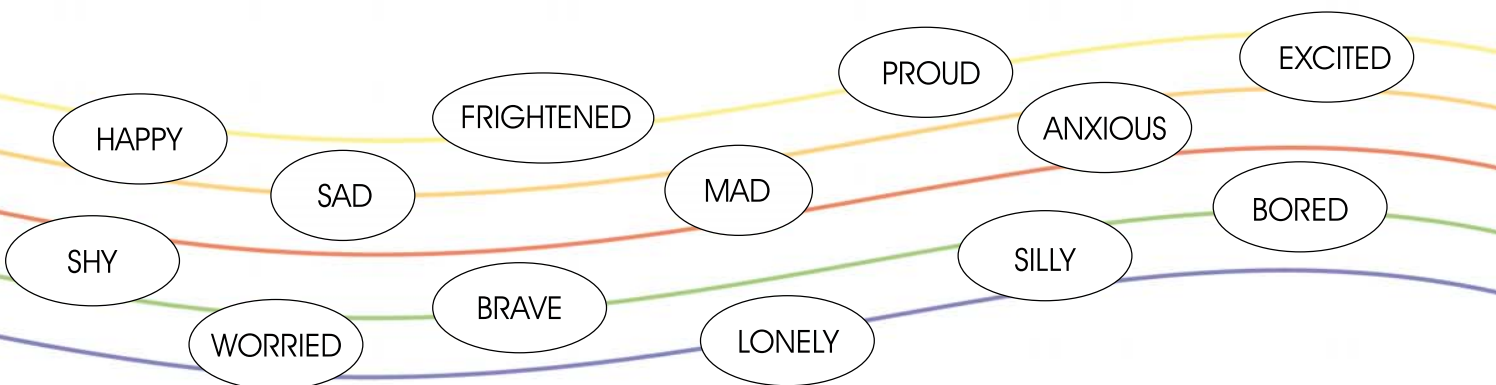
Some music makes us want to get up and dance; other music makes us want to sing along. We often choose to play or listen to a certain type of music based on the mood we're in at that moment.

Think about the music you like to listen to when you're feeling, for example, angry, or nostalgic or scared. Check out how differently the same melody can sound at <http://www.sfskids.org/templates/musicLabF.asp?pageid=16>.

You can also try and analyze what makes the music sound different – for example, the sad music is played more slowly.

Then play a family game where each person names an emotion and someone else either sings or plays music that corresponds to that emotion.

Here are some emotions to call out:



Info Box

These activities are designed to be played by families with a minimum of two participants for each activity or game. They are easily adapted for use with children, friends, extended family, neighbors or community groups.

Activities marked with an asterisk ★ are especially good to engage in with large groups.