



## Explore, Reflect, and Develop: Music for Mental Skills

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This worksheet is designed to help you explore the mental benefits of music while developing your mental skills. Engage in various creative activities to enhance your well-being.

### **1. Mindful Listening**

- Find a quiet place, put on your favorite soothing music, and practice mindful listening for 10 minutes. Pay attention to the details of the music. What did you notice during this exercise?

### **2. Music and Emotions**

- Listen to a song that matches your current mood and write down the emotions it evokes. Now, listen to a song with the opposite mood. How did your feelings change?

### **3. Music and Visualization**

- Select a piece of instrumental music and close your eyes. Imagine a peaceful place or scenario based on the music. Describe what you visualized.

### **4. Creative Expression**

- Choose a song that resonates with you, and create a piece of art (drawing, painting, or writing) inspired by the music. Share your creation.

### **5. Mood Management:**

- Create a playlist with songs for different moods (e.g., relaxation, motivation, joy). Use this playlist to help regulate your emotions during the day.

### **6. Music and Problem-Solving**

- Think of a challenge or problem you're currently facing. Listen to music that helps you think more clearly. Describe any insights or solutions that come to mind.

## **7. Musical Memory Lane**

- Find a song from your past that holds a special memory. Describe the memory and how the music enhances it.

## **8. Music for Goal Setting**

- Think of a personal goal you want to achieve. Choose a song that motivates you and helps you focus on that goal. Write down your goal and the song you chose.

## **9. Sound Exploration**

- Experiment with different sounds and instruments. Try making your own music or sounds using everyday objects. How does creating your own sound impact your mood and creativity?

## **10. Reflect and Set Intentions**

- Reflect on the mental skills you've explored through music. Set intentions for how you'll use music to improve your mental well-being going forward.

## **11. Share Your Insights**

- Discuss your experiences and insights with a friend or family member. Share what you've learned about the mental benefits of music and the mental skills you've developed.