

Lesson Plan: Music and Emotions

Grade band: 3rd – 5th Grade
Subject: Health Enhancement
Duration: 50 minutes

Montana Health Education Standard:

- Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Recognize the value of physical activity for health, enjoyment, self-expression, and/or social interaction

Learning Objectives:

By the end of the lesson, students will be able to:

- Identify the connection between music and their feelings
- Recognize at least three things, people, or experiences in their lives that they feel thankful for

Materials:

- Feeling wheels
- Song playlists
- Colored Paper
- Music and Mood worksheet

Lesson Outline:

1. Initial Engagement: (10 minutes)

Display a slide deck showing a feeling wheel or a poster of feeling wheel that can be purchased online. Begin by asking students about different feelings that they experience. Highlight the nuance of emotions/feelings.

Share with students the connection between music, emotions, and physical health. Explain how we might feel a certain way and choose to listen to a particular type of music, or we might hear certain songs and immediately feel a certain way about it. How can this be useful for us in life? How can this be difficult? Write the emotions on the board for students to see.

2. Explicit Instruction: (15 minutes)

Have a list of songs that showcase emotions.

- Happy/good mood:
- Workout ready/pump:
- Sad:
- Relationship oriented:
- Quiet/chill:
- Bad mood:
- Angry:

Play parts of the songs and have students share the emotions they feel

3. Guided Practice: (10 minutes)

Divide students into groups of 4-5. Ask students to share their favorite songs with their peers. Ask them to share why it is their favorite. What about it makes it their favorite? Is it the lyrics, the beat, the way it makes them feel, etc.?

4. Independent Application: (15 minutes)

Students will create a personal song choice for the class's warm-up lap playlist. Each song is tied to an emotion or feeling the student wants to share. A few times a week, the featured student's song will be played during laps, and the respective student will lead a brief reflection during stretching time.

5. Plan for Continued Integration

Collect all student song submissions and build a single playlist of upbeat, positive songs that create great energy for working out. Having it ready to go in one place keeps transitions smooth.

On a student's day, play their song during warm-up laps. Students will jog for about the length of one song, then line up for stretches.

During stretches, teachers have two options depending on the class dynamic: invite the student straight up to share or let a few classmates guess whose song was playing before revealing the featured student.