

Use music to make you happy

Music can send messages to our brains that can change how we feel. Sometimes just listening to a particular piece of music can cheer us up.

Make a playlist of all your favourite songs. They may be linked to memories or just songs you like to dance to. You could make a playlist just for you or for your family. You should ask an adult for help with this as there are many ways to do this both on and off-line. If you are using the internet, remember your SMART internet safety.

Once you have your playlist, listen to it every day for a week. Score your mood out of 10 before you listen to it and then after, and you will be able to see if listening to your favourite music has made a difference to how you feel about things.

You could have a go at making themed playlists. You may want to have one for when you are feeling energetic and one for when you want to relax.