

EMOTIONAL EXPRESSION THROUGH MUSIC

One of the many, many benefits of music is that it offers a safe and dependable place to feel our feelings. When we are afraid, sad, or really happy, we can invite music in that reflects what we're feeling. For kids, music increases a sense of emotional security, which allows them to feel safe to fully express their feelings. It also regulates their breathing, reduces stress hormones, and increases "happy hormones" in their bodies!

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Music is even more beneficial when it's shared. When we make music with other people, our brain waves and heartbeats create connections that support emotional health. And the best part is – music is available to everybody.



MUSIC IS EVERYWHERE

Household items make great instruments – bang on pots and pans, tap on the table, shake the salt container, splash in the bathtub. And don't forget to sing!

Moving makes music, too – take a walk together and listen to the rhythm of your feet and the sounds the leaves make moving in the breeze.

Create a music bin and keep it where your kids can reach it – add shakers, bells, toy instruments, and other noise makers.

TALK ABOUT MUSIC

How do you experience music in your day?
Tell your kids about it!

"I love this song! I get very excited when it comes on and I just have to sing along."

"Sometimes feeling sad seems to last a long time, just like when you ring that bell and you can hear the sound for a while."



MOVE YOUR BODY

Music and movement are partners. When we make and hear music, it invites movement. Emotional regulation is also closely related to body movement!

So jump, sway, twirl, clap, and dance to your favorite songs. These are natural ways to process feelings.