Music | Feelings

Name ____________________________________

I can recognize how music is a part of my everyday experiences.

Use one of these words, or provide your own word, to describe what you’re feeling.

<table>
<thead>
<tr>
<th>afraid</th>
<th>challenged</th>
<th>empty</th>
<th>hopeful</th>
<th>proud</th>
</tr>
</thead>
<tbody>
<tr>
<td>angry</td>
<td>confident</td>
<td>exhausted</td>
<td>lonely</td>
<td>sad</td>
</tr>
<tr>
<td>anxious</td>
<td>disappointed</td>
<td>frustrated</td>
<td>nervous</td>
<td>surprised</td>
</tr>
<tr>
<td>awesome</td>
<td>distracted</td>
<td>happy</td>
<td>overwhelmed</td>
<td>worried</td>
</tr>
</tbody>
</table>

Date _____________

Today I’m feeling _______________________________________

A type of music or specific song I like to listen to when I feel this way is ____________________
______________________________________________________________________________

because ___________________________________________

Date _____________

Today I’m feeling _______________________________________

A type of music or specific song I like to listen to when I feel this way is ____________________
______________________________________________________________________________

because ___________________________________________

Date _____________

Today I’m feeling _______________________________________

A type of music or specific song I like to listen to when I feel this way is ____________________
______________________________________________________________________________

because ___________________________________________

Date _____________

Today I’m feeling _______________________________________

A type of music or specific song I like to listen to when I feel this way is ____________________
______________________________________________________________________________

because ___________________________________________