

Emotional Strategies

Feelings Playlist



Purpose

Healthy emotional regulation requires the ability to identify and express emotions in healthy ways. This activity is designed to help individuals develop and practice the skills needed to accurately identify, connect with, and express their feelings. This strategy also provides an example of how music can impact our feelings and provide us with a healthy way to express emotions.

Materials

- Feelings Playlist Worksheet, writing utensil

Process

1. Explain that there are healthy and unhealthy ways to express emotions like anger, sadness, and worry. You may say:
→ “Understanding our feelings and how to express them can impact our ability to be successful socially, academically, on the playing field, on the job and many other areas of our lives. We’ve often heard many ways how not to express our feelings, but we rarely are taught, or get to practice, healthy ways to express them.”
2. As you hand out the worksheet, explain that music has long been used as an outlet for emotions. We play, sing, and write about our experiences, and listen to the experiences of others through music. Music is also a patterned, rhythmic experience for us (link back to physical regulation and the importance of this concept).
3. Ask the students to think about the music they listen to and how it can be used to express, or connect with emotions they experience.
4. Ask the students to complete the Feelings Playlist worksheet.

Variation

1. Incorporate the use of technology. There are several Apps and programs that can help you build a playlist to match how you are feeling. Use a phone, tablet, or computer to explore these programs as a group. Discuss their features and how they may be helpful for emotional regulation.

Discussion Questions

1. What role has music played in your life and how you express, or connect with emotions?
2. How can music have an impact on our emotions?

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Feelings Playlist... (CONTINUED)

3. As you share your Playlists, are there themes to the music identified by different individuals and how different types of music relate to different emotions?
4. Discuss how music can be used to help change your mood, or how the music can help you stay with a particular mood to work through it?





Feelings Playlist

List songs that you can use to express or connect with healthy expression of each of the different emotions.



Happy/Excited

Worried

Angry

Sad

Lonely

Loss/Grief

