

UNDERSTANDING EMOTIONS
THROUGH SOUND

1. Choose the emotion you want to explore.

I FEEL _____

2. If your feeling could make only one sound. What would it sound like?

(e.g. 'popcorn popping', or 'birds singing'. Make one up that fits.)

3. If your feeling had a soundtrack, what kind of music would it be?

4. What song does this feeling remind you of?

5. What is this song about?

6. If your feeling was a musical instrument, what instrument would it be?

7. What made you choose this instrument?

8. Sounds have certain qualities, listed below. Thinking about the emotion you are exploring, which of these qualities does it have?

Volume - is it loud or soft? _____

Tempo - is it quick or slow? _____

Pitch - is it high or low? _____

Rhythm & beat - is it regular/measured or irregular/chaotic? _____

9. Do you like the sound this emotion makes? _____

10. What have you learnt about this emotion?

