

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.

afraid	challenged	empty	hopeful	proud
angry	confident	exhausted	lonely	sad
anxious	disappointed	frustrated	nervous	surprised
awesome	distracted	happy	overwhelmed	worried

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 _____
