

## ACTIVITY 5: HARMONY BREAK! Mood Shifting

### Mood Shifting

**Time (difficulty):** 7-10 min (medium difficulty)

#### Set Up

- For this activity, everyone will need an instrument and a Mood Meter (you can download it in the resources section or draw one yourself!).

#### Introduction

- Explain to everyone that although there are no “good” or “bad” emotions, sometimes expressing a certain emotion might not be effective for the situation. For example, it might not be effective for someone to express sadness when someone is giving them a gift. It also might not be effective to show happiness when someone tells you of their recent loss. There are tools we can use to shift our emotions, and music is one of those tools.
- Tell everyone that they will learn an activity that may help them to shift their emotions to a more effective one using music.

#### In Action

- Have everyone spend some time thinking about what emotion they are currently feeling, and ask them to point to it on the Mood Meter.
- Now, have everyone drum their emotion, and ask them to remember what they played.
- Ask everyone to point to an emotion that is far away from the emotion they were feeling. If they were feeling excited, they could point to relaxed.
- Next, ask everyone to drum the emotion that they feeling once more, but this time to try to transition into drumming the new emotion that they pointed to. Allow everyone some time to figure out how they might personally want to go through that process.

#### Discussion

- Give everyone some non-musical examples of emotions management. For example, you can breathe deeply when you are angry in order to calm down. You can go for a walk to bring your energy level down. You might read a poem, or hum a song in your head. Ask everyone for any other examples of mood regulation that they can think of.



Hey Adults! Do you have a suggestion for how to improve this activity?

Or just want to tell us how much you liked it? [Click here.](#)