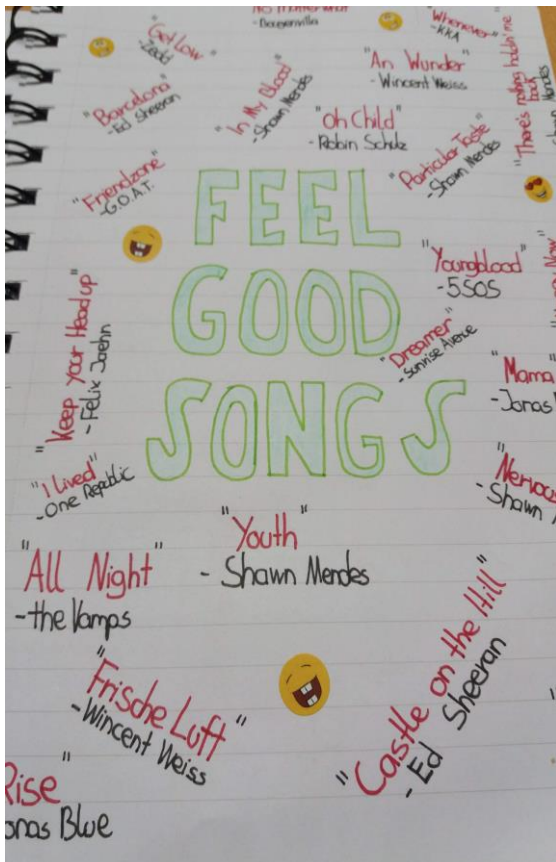


Happy Songs Playlist

Did you know that music can influence your mood, improve mathematical ability, change how you are feeling and reduce pain? A 2013 study in the Journal of Positive Psychology found that people who listened to upbeat music could improve their moods and boost their happiness in just two weeks. The American Music Therapy Association (AMTA) reports that music therapy programs can be designed to achieve goals such as managing stress, enhancing memory, and alleviating pain. It might seem surprising that music can help people cope with physical pain, but research has shown a clear link. Bright, cheerful music can make people of all ages feel happy, energetic, and alert.

Given that the lockdown has been a difficult and stressful time for many people this is the perfect time to make a playlist of happy feel-good songs that can help to lift your mood. When making your playlist on Spotify, Youtube or any other music forum, try to find songs that you know make you happy. Songs that make you want to move are a good place to start. A song that reminds you of a person or place can be great too. Songs that you know all the words to and tend to sing along to are also brilliant.



Task

1. Compile a Feel-Good or Happy Playlist
2. Use it over the next few weeks (particularly when you need a lift)
3. Share it with your teacher on Seesaw (and with your friends if you like)
4. **OPTIONAL** – If you like you could lay your songs out in an artistic way like the example on the left