

# MUSIC + MINDFULNESS

## Curriculum Ideas + Resources



“ Music is to the soul what words are to the mind. ”

Modest Mouse

Music helps with brain development, critical thinking, and mental wellness. It's tough to incorporate even more into a busy class schedule but music can help students by enhancing memory, increasing self-esteem, promoting identity discovery, and reducing stress.

Below are some ideas and resources on how to incorporate music into what you're already teaching (and a few ideas if you have extra time in your classroom!). Feel free to make these ideas yours - they're adaptable for age groups and resources.

### K - 3

**Dynamic Music Room:** <https://dynamicmusicroom.com/music-activities-for-kindergarten/>

**Music for Kiddos:** <https://www.musicforkiddos.com/blog/preschool-kindergarten-music-lesson-plan-about-frogs>

### 4 - 6

**Teach from the Stage:** <https://www.teachfromthestage.com/music-listening-as-a-mental-health-strategy/>

**Carnegie Hall Kids:** [https://kids.carnegiehall.org/?sourceCode=38845&gclid=Cj0KCQjw4NujBhC5ARIsAF4Iv6eyicz3Cm5EWDWnqZjYmvXm3TX97P-XEJMw8CRDcYJX6nwwLBBqjSlaAhYYEALw\\_wcB](https://kids.carnegiehall.org/?sourceCode=38845&gclid=Cj0KCQjw4NujBhC5ARIsAF4Iv6eyicz3Cm5EWDWnqZjYmvXm3TX97P-XEJMw8CRDcYJX6nwwLBBqjSlaAhYYEALw_wcB)

### 7 - 12

**Jed Foundation:** <https://jedfoundation.org/resource/how-music-can-improve-your-mental-health/>

**NAMI:** <https://www.nami.org/Blogs/NAMI-Blog/December-2016/The-Impact-of-Music-Therapy-on-Mental-Health>

### All Ages

**Music Teacher Magazine:** <https://www.musicteacher magazine.co.uk/features/article/mental-wellbeing-resources-for-music-students-teachers-and-schools>

**Teachers Pay Teachers:**

<https://www.teacherspayteachers.com/Browse/Search:mindfulness%20%20in%20music%20lesson%20plans>

**Positive Psychology:** <https://positivepsychology.com/music-therapy-activities-tools/>

