

Name \_\_\_\_\_

## Harmonizing Emotions: The Impact of Music on Mood

### Short Answer

1. How can upbeat and energetic music influence our mood, as mentioned in the essay?
2. What are some therapeutic qualities of music, according to the essay?
3. How does music therapy involve creating music as a form of expression, as discussed in the essay?
4. Why is music considered a powerful force when it comes to emotions and mood, as mentioned in the essay?

