

Name _____

Harmonizing Emotions: The Impact of Music on Mood

Short Answer Key

1. Upbeat and energetic music can make us feel happy and motivated, often leading to increased physical activity and a positive mood.
2. Music has therapeutic qualities that can reduce stress and anxiety, improve focus and concentration, and enhance overall mental well-being.
3. Music therapy includes playing a musical instrument or singing, which allows individuals to channel their emotions and release pent-up feelings through music.
4. Music is considered a powerful force because it can convey a wide range of emotions and elicit corresponding responses, influencing our mood and emotions profoundly.

