

Name _____

The Relationship Between Music and Mood Regulation

Open-Ended Response Questions

1. Can you share a personal experience or story about a time when listening to a specific song significantly affected your mood?
2. Explain why some people might prefer upbeat music when they need a mood boost, while others might choose slow, calming melodies.
3. How can educators or therapists use music to help individuals with mood regulation?
4. What are some other ways besides music that people can use to regulate their moods when they are feeling down or stressed?

