

Family Activities

Family Activity: CONNECT



Feeling emotions through music

This is a group activity for the whole family.

Music is really powerful and can be full of emotions. Listening together will help children think about their feelings and share them.

You will need: a piece of paper a pen or pencil a song or piece of music

Play a piece of music and listen really carefully.

While you're listening, draw a picture of how the music makes you feel.

Swap your drawings with each other.

Did you end up with the same picture? If not, talk about why you think that is.

Try it again with a different type of music. Why not listen to some pop, jazz, electric or even film music?

How does different music make you feel?



We'd love to see your drawings! Share them on social media using **#EmpathyDay** and tagging **@EmpathyLabUK**