



Healing Through The Arts®

Where those who are healing find strength,  
hope and inspiration through the arts.

## Science, Lesson 3 – *What Type of Music Heals You*

### Lesson goal –

- To encourage more creating thinking strategies.
- To encourage students to recognize the arts as a source of enjoyment, stress relief, and healing.

**Target students** – 10th grade and higher

**Learning Objective** – Students will learn what type of music heals them through action research.

### Outcome –

- Students will listen to different types of music while taking a quiz on material learned the previous day.
- Students will produce a journal of drawings and writings of how the music heard relates to their overall mood during their assessment.
- Students will conclude what type of music heals them.

### Standards –

- Science as Inquiry Standard A – understanding of scientific concepts
- Science in Personal and Social Perspectives Standard F

**Materials / Resources** – The following resources will be required for this lesson:

- Internet access
- Journals - preferably paper that has space at the top for a picture and lines underneath for writing a journal entry

### Resources:

- <http://www.pandora.com/>

- <http://www.dana.org/news/cerebrum/detail.aspx?id=26122>
- [http://www.naturalnews.com/031271\\_music\\_healing.html](http://www.naturalnews.com/031271_music_healing.html)
- <http://www.musictherapy.org/about/musictherapy/>

**Description of Lesson (2-3 Weeks):**

1. As a class, brainstorm types of music and decide which ones will be used for this action research project. Some types of music include classical, rock, metal, hip-hop, trance, jazz, folk, techno, opera, blues, country, reggae, new age, Celtic, chamber and alternative rock. You might want to brainstorm, as a class to decide which ones will be used for this action research project. Include music that is mostly like and disliked by the students. Go to Pandora.com so the students can listen to examples of the music.
2. Lower level – focus on 3 to 4 different types of music
3. Academic level – focus on 5 to 7 different types of music
4. Honors level – focus on 8 to 10 different types of music
5. For two to three days in a row, have students listen to one type of music while taking a short quiz on a material learned the previous day. After every quiz, have the students draw and write in their journal of how they felt while taking the test and keep track of their grade.
6. After 2 to 3 weeks of listening to a variety of music, have the students reread their journal entries and conclude which music is best for their mood/healing. They can make a range of music to mood and grade.
7. Students can then research music therapy and compare their findings – this could be extra credit!