



Band Virtual Learning

High School Band

May 12, 2020



High School Band Lesson: May 12, 2020

Objective/Learning Target: Students will:

- Think about how our society uses music to help people through hard times
- Develop a cursory glimpse into music therapy



Many people are struggling right now. Emotionally, physically, in many ways. Different people cope with stress in different ways. Some may [draw](#); some may play games; talk to friends; listen to music... play music... Some may draw while listening to music.

This week we will explore some aspects of [music therapy](#) and how some people use it to help with stress.



Take a moment....

What do you do to calm down/de-stress?
Why do you think that helps you?

Write out your thoughts.



As with anything else, everyone has a different idea of what type of music calms them. What do you listen to for a calming effect?

- Blues
- Classical
- Country
- Heavy Metal
- Jazz
- Musical Theater
- Pop
- Rap
- Rhythm and Blues
- Rock

What ways can music help?





Relaxing Music in Different Genres

Do any of these work for you?

[Body Mind Zone](#)

(Try having this one on in the background while doing school work)

[Classic Rock Relax](#)

[Classical Piano](#)

[Fine Art Music and Painting](#)



Relaxing Music in Different Genres

Relaxing Pop Music

Relaxing Country Music

Relaxing Jazz



Take a moment and listen to a song/songs that calm you.

Write out why you believe this type of music works best for helping you to stay calm and relaxed.