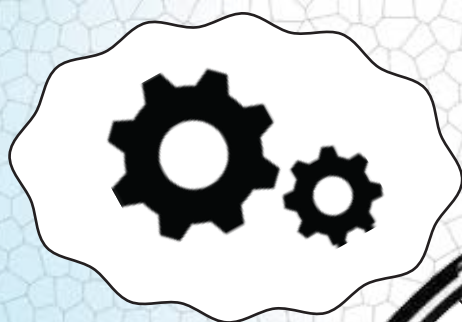




Government of the Republic of Trinidad and Tobago

MINISTRY OF EDUCATION

Music & Mental Health



INTRODUCTION TO

Music & Mental Health

What is Music?

Music is the creative application of vocal or instrumental arranging of sounds to produce a mixture of rhythm, melody, harmony, and tone.

What is Mental Health?

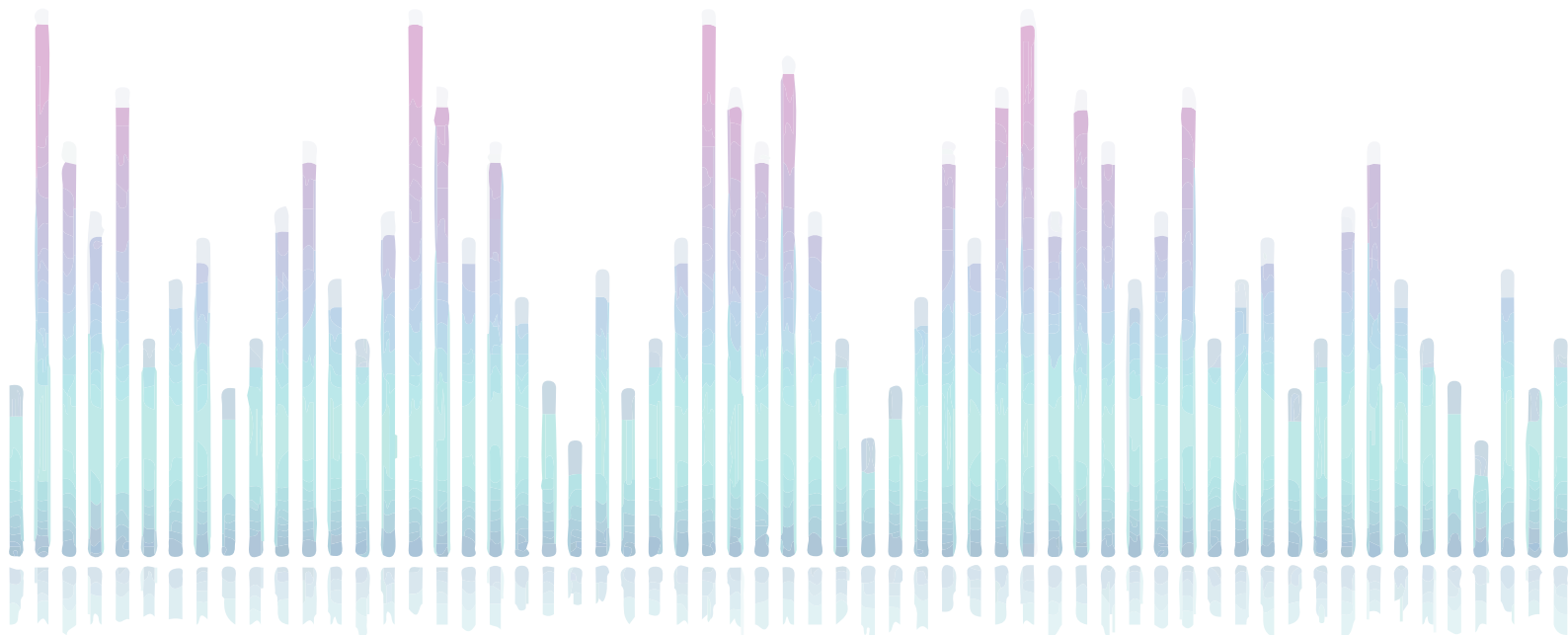
World Health Organization (WHO), is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

How Does Music Affect Mental Health?

Music has been proven to help with/improve various mental health conditions as it acts as a medium for processing emotions, trauma, and grief and can also be used as a calming agent for anxiety.

In this workbook, we hope to show the link between mental health and music and how music can affect your mood.

We thank you for participating in the activities and hope you have fun doing it.



ACTIVITY 1:

Put a circle around the music genres you recognize. After circling the music genres you recognize; can you name one (1) artiste or two (2) in the genre? [Hint: Google can help].

1: Calypso

Artiste: _____

6: Hip - Hop

Artiste: _____

11: Rap

Artiste: _____

2: Classical

Artiste: _____

7: K - Pop

Artiste: _____

12: Reggae

Artiste: _____

3: Country

Artiste: _____

8: Metal

Artiste: _____

13: Rock

Artiste: _____

4: Dancehall

Artiste: _____

9: Oldies

Artiste: _____

14: R&B

Artiste: _____

5: Gospel

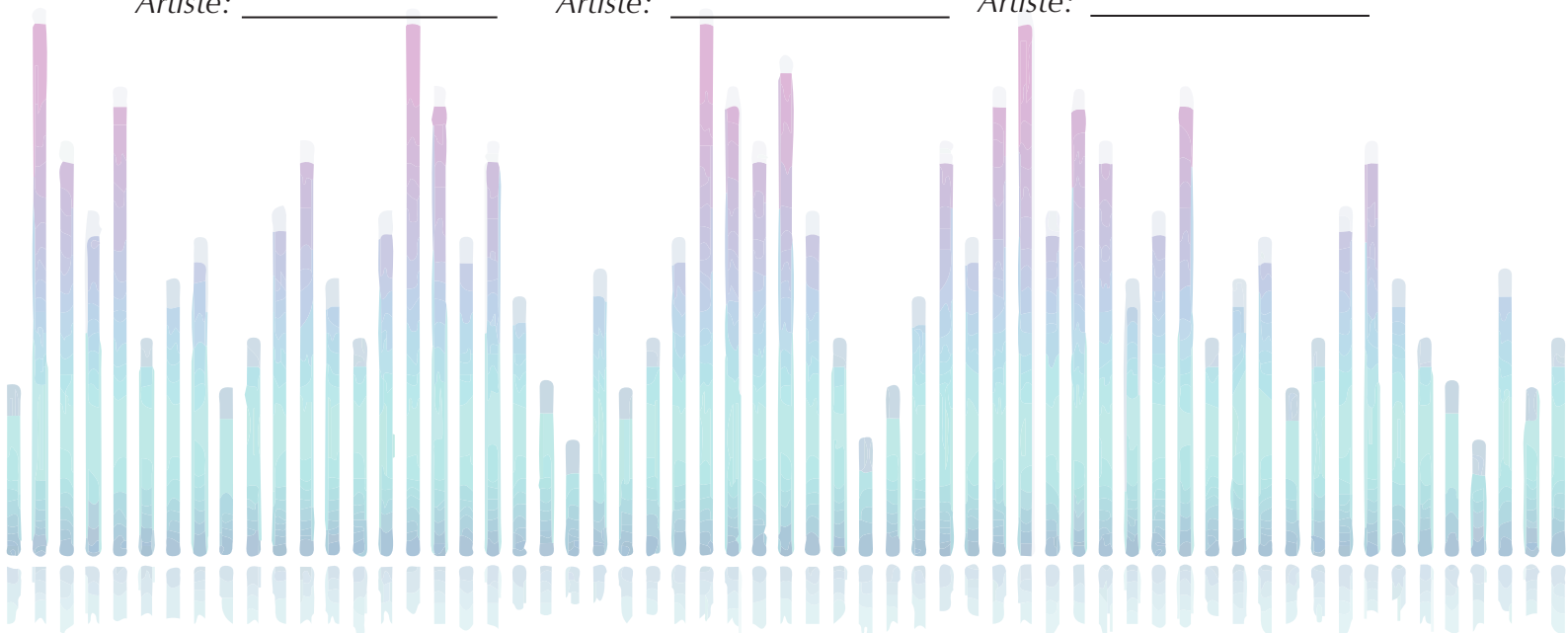
Artiste: _____

10: Parang

Artiste: _____

15: Soca

Artiste: _____



ACTIVITY 2:

Pick the emoji that shows how you feel when listening to the listed genres.

Soca



Gospel



Classical



Country



K-Pop



Reggae



Hip-hop



Rock



Rap



R&B



Metal



Oldies



Calypso



Parang



Dancehall



ACTIVITY 3:

Write five (5) top songs on your playlist.

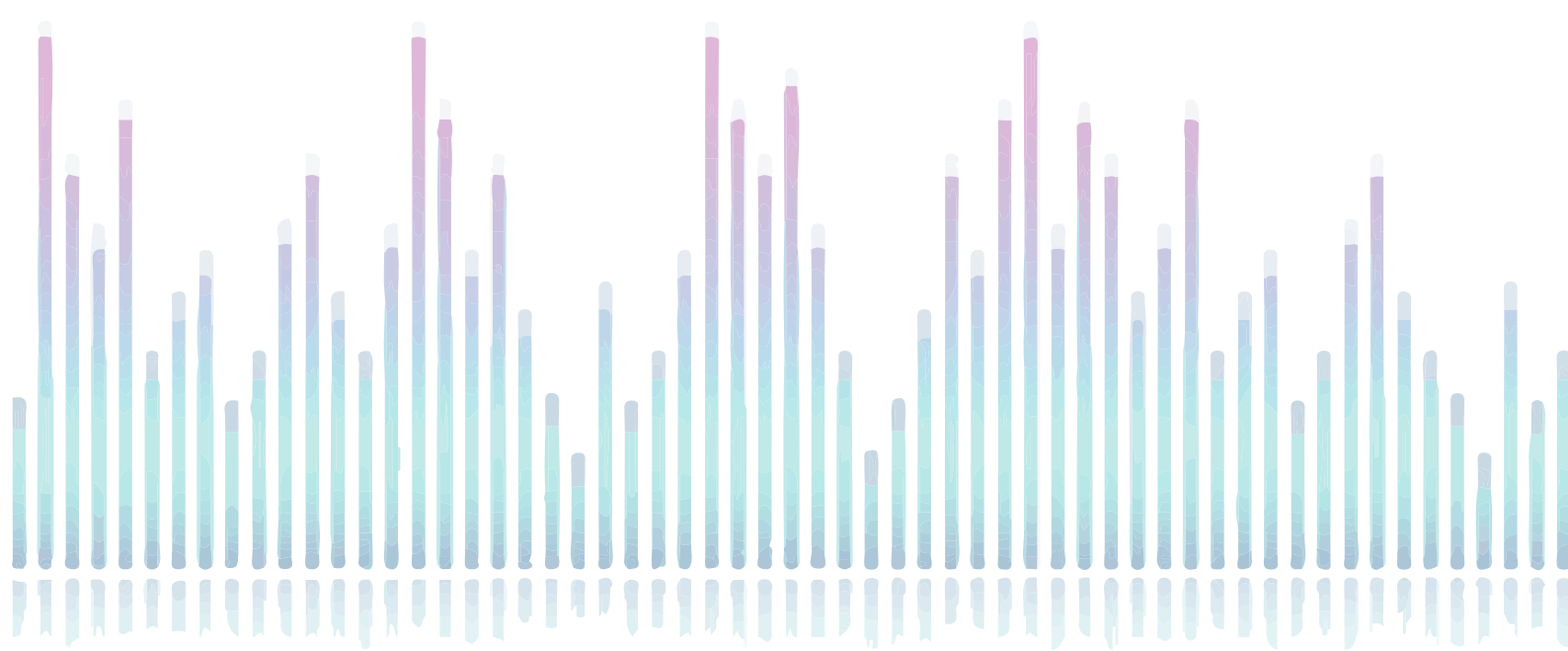
1: _____

2: _____

3: _____

4: _____

5: _____



ACTIVITY 4:

How do the 5 songs on your playlist make you feel emotionally?

Song 1



Song 2



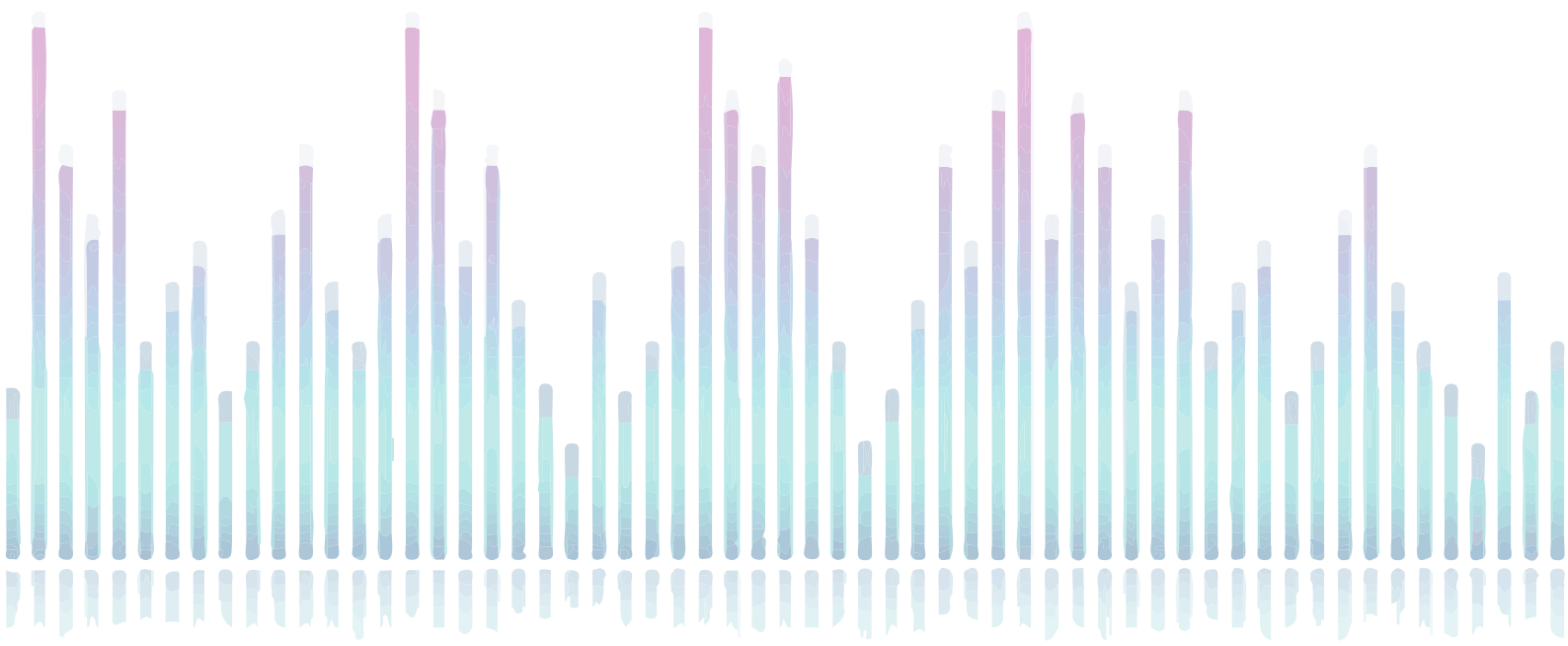
Song 3



Song 4



Song 5



ACTIVITY 5:

Remember your playlist of five (5) songs?

For each of the music listed on your playlist, identify what your body experiences when you listen to each. Also explain what thoughts you have when listening to each.

1: Songs: _____

1.a: My body's experience: _____

1.b: I think of: _____

2: Songs: _____

2.a: My body's experience: _____

2.b: I think of: _____

3: Songs: _____

3.a: My body's experience: _____

3.b: I think of: _____

4: Songs: _____

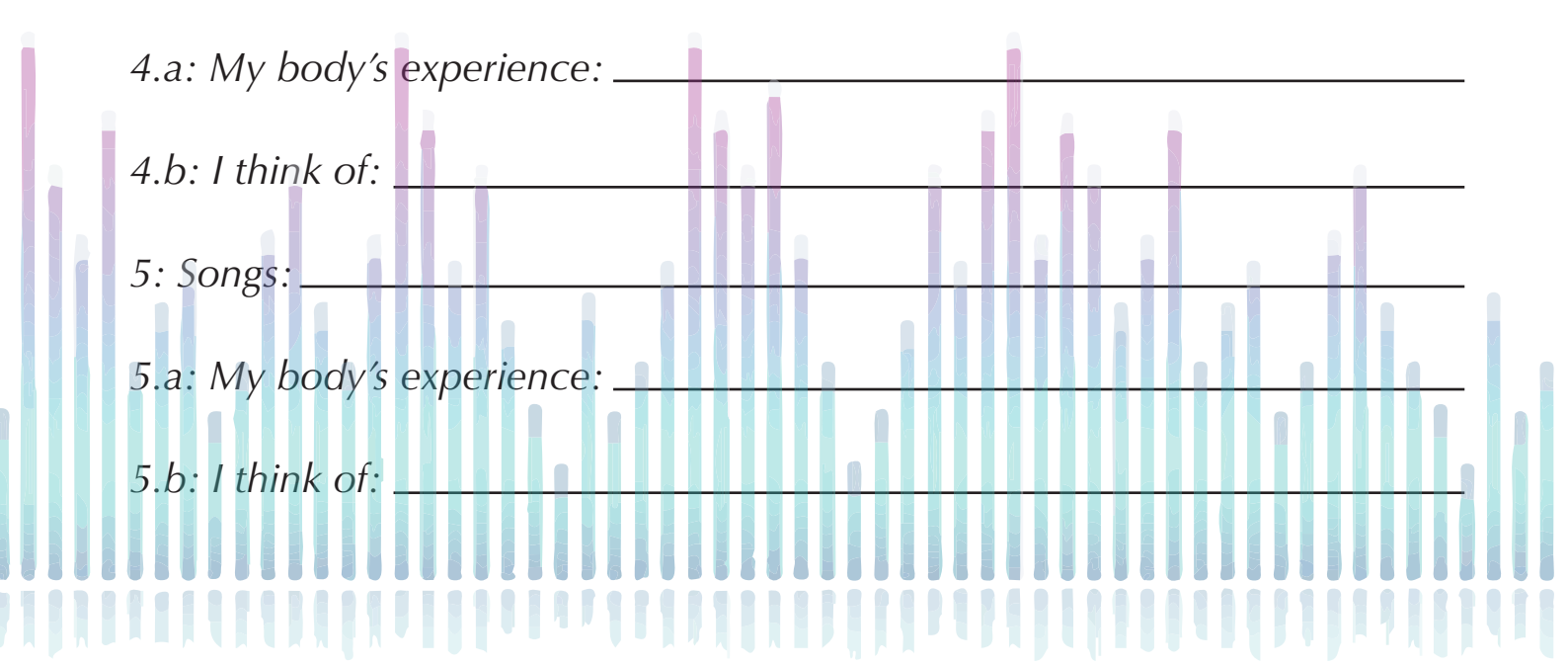
4.a: My body's experience: _____

4.b: I think of: _____

5: Songs: _____

5.a: My body's experience: _____

5.b: I think of: _____



ACTIVITY 6:

Unscramble the words below. (Some are music related and some Mental Health related).

1: VENOTEHNB

2: OITNEOM

3: EALETSPN

4: NNEAIDTRIMOTE

5: CNOMARAIH

6: ROEENCSCD

7: IHNCOMEPOR

8: NLCIESIEYR

9: TVOAEC

10: RANOHPY

11: VITOIISTYP

12: HHYTRM

13: AELGNIH

You can find these answers in the answer sheet section of this workbook.

ACTIVITY 7:

Write your answers to the following questions:

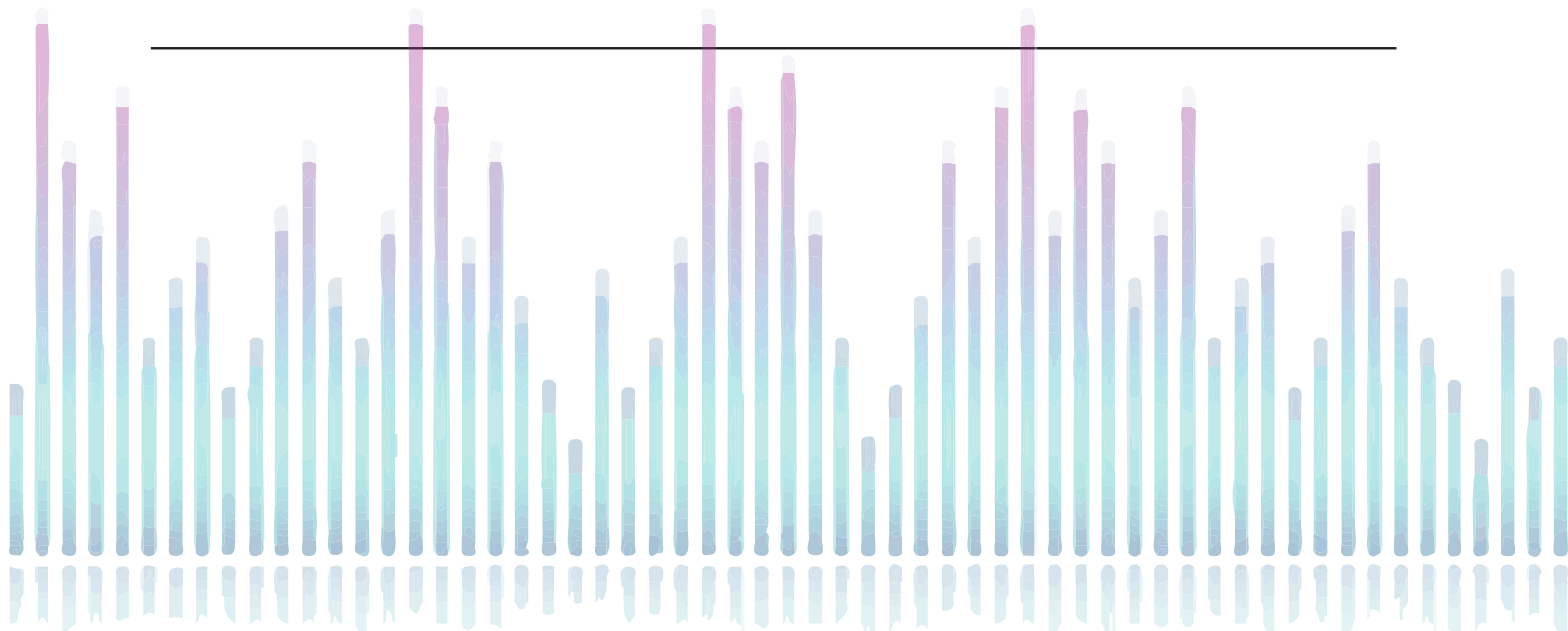
1: How important are the lyrics to a song? _____

2: Can lyrics influence your mood or behaviour? _____

3: If yes, how? If not, why do you say so? _____

*4: When listening to music, do you prefer listening
through a headset or the speakers on the device? _____*

5: Have you ever considered the reason for your preference? _____



ACTIVITY 8:

Name the singer/artiste and song title of the song bases on the line(s).

[Hint: They are all Calypsos] ask a parent/grandparent or guardian to assist.

*1: "Children, go to school and learn well
Otherwise later on in life you will catch real hell."*

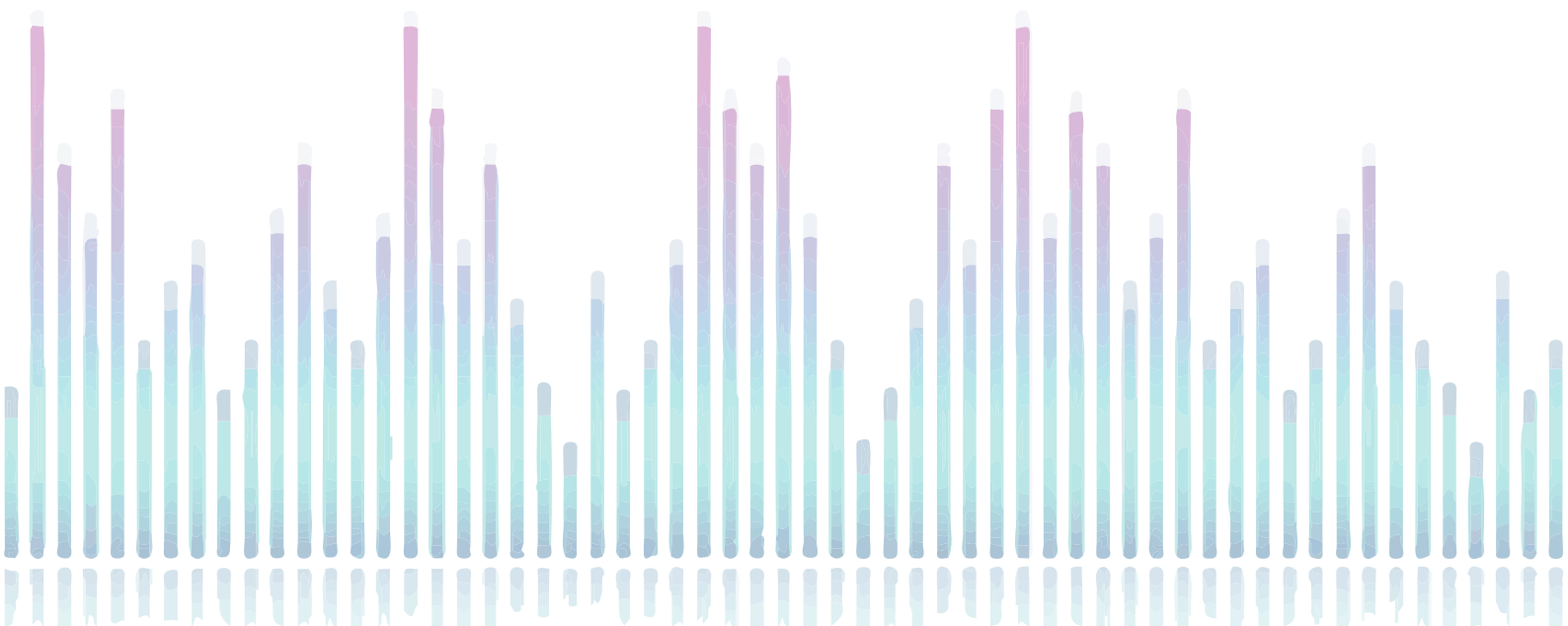
Artiste: _____

Song: _____

*2: "The sun rises early over the hills
Everywhere is golden sunlight but still
Most lives with sad tales are crowded
Their days with dark clouds are shrouded."*

Artiste: _____

Song: _____



ACTIVITY 8 (Cont.):

3: "But every time ah heavy rain fall, by me don't have no current at all
The spoil meh TV, they spoil meh fridge, they nearly kill meh with low voltage
Now before they make me ah lunatic, ah going back to basic."

Artiste: _____

Song: _____

4: "Can you hear a distant drum,
Bouncing on the laughter of a Melody (yea, yea)
And does the rhythm tell you, come, come, come, come
Does your spirit do a dance to this symphony (yea yea)
Does it tell you that your heart is afire (oh yea)
And does it tell you that your pain is a liar (oh yea)."

Artiste: _____

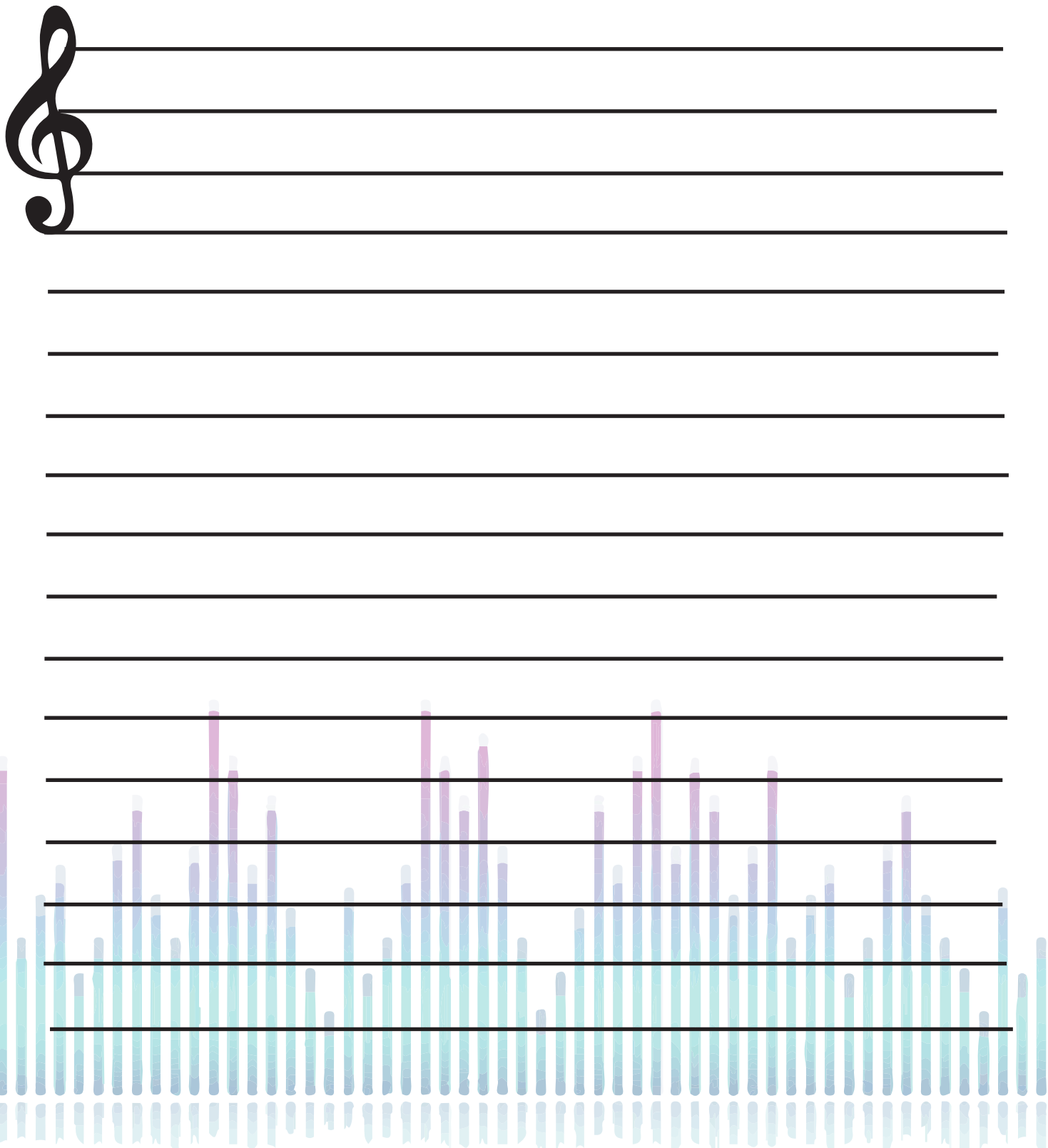
Song: _____

ACTIVITY 9:

Write a song using any genre of music about a stressful period you experienced in your life.

The song should be two stanzas and a chorus long.

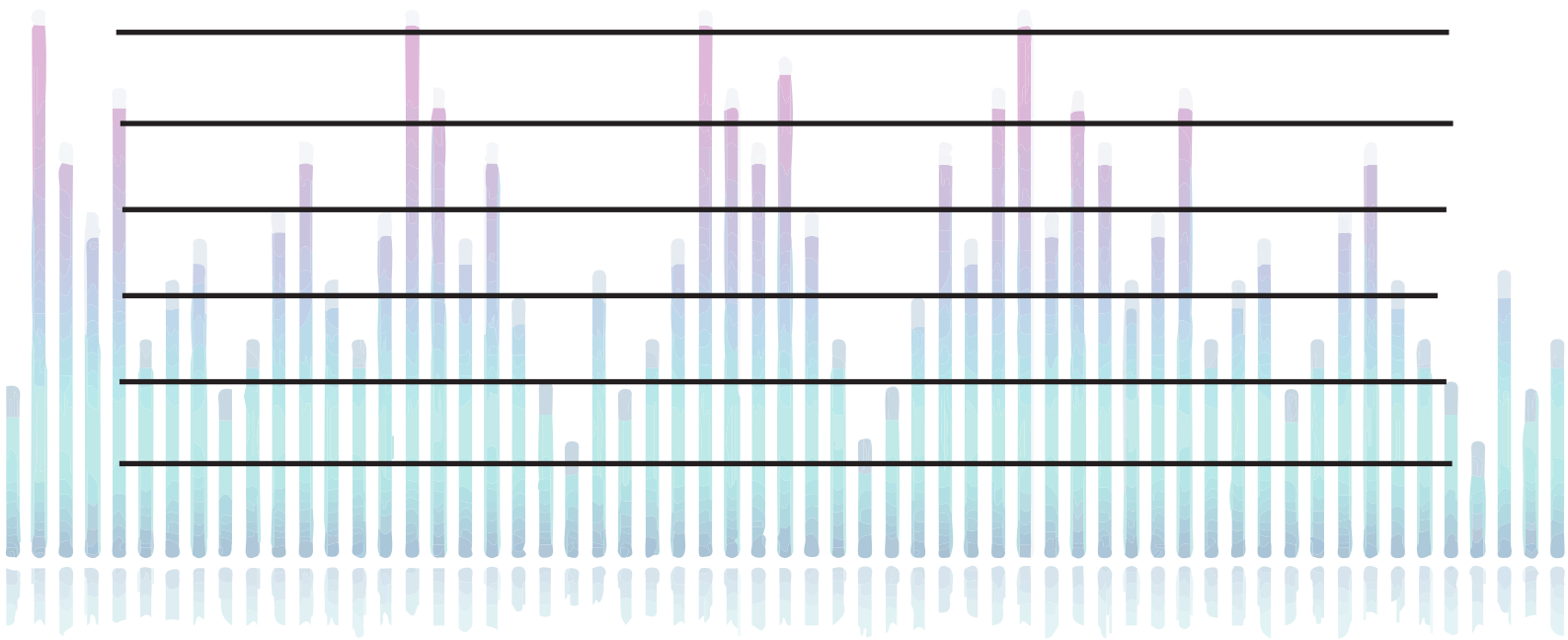
Your song should end indicating what positive methods you used to cope with that stressful time.



ACTIVITY 9 (Cont.):



A series of 15 horizontal staff lines, each consisting of five lines, for musical notation. The first staff line has a treble clef at its beginning. The remaining 14 staff lines are empty.



ACTIVITY 10:

Find the words in the puzzle. (Some are music related and some Mental Health related).

T C K X H Z R E Z G B K M L Y D H C T I P V M
X D D V E K U M P X R P Y Q B A R I T O N E V
L V U O S L Z E Y P Y E C S P K K H T L Y Z N
D X M P O A D C S W S L L S U Z M W Y W D W W
S S E Q P C E L B E R T H A F P Z I C S O L S
T N D U R I C J R H H T R A T E P B M C L F D
A G P P U G J O O S W W Z E P I F O F D E O H
F Y P K P O N M N M D J B G N P O S R B M M T
F Q L Q U L X B E D F F B I V G I N V T U M S
G L M B D O K L T R U E S A O H T N S Q Y T I
H H P Z X H P G K B G C T J S L A H E H Q N L
X I X N B C S U O Y O J T O Y S T U X S I L A
Q X M B Q Y E C B C X K U O P H J Y L C S P C
M O R R H S S F J C I A A O R Y C G U A Y L O
M Q U A E P A E O R G E L L A H G Q T J A G V
Q D E M T J G T D S T N E M U R T S N I N X T

Find the following words in the puzzle.

Words are hidden     and .

PSYCHOLOGICAL
RELATIONSHIP
INSTRUMENTS
CONDUCTOR
HAPPINESS
VOCALIST
STRENGTH

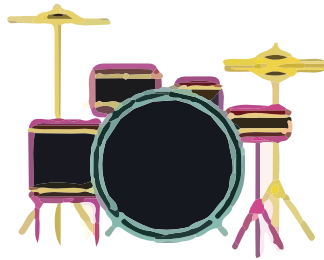
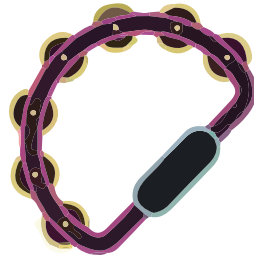
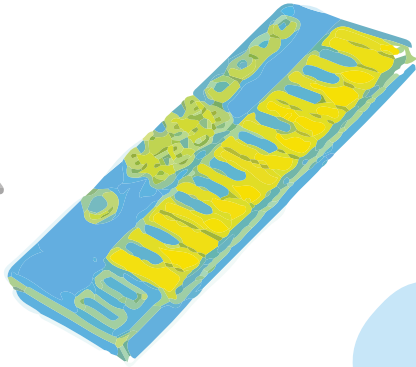
BARITONE
SUPPORT
PURPOSE
ALLEGRO
MELODY
TREBLE
JOYOUS

STAFF
TENOR
PITCH
BASS

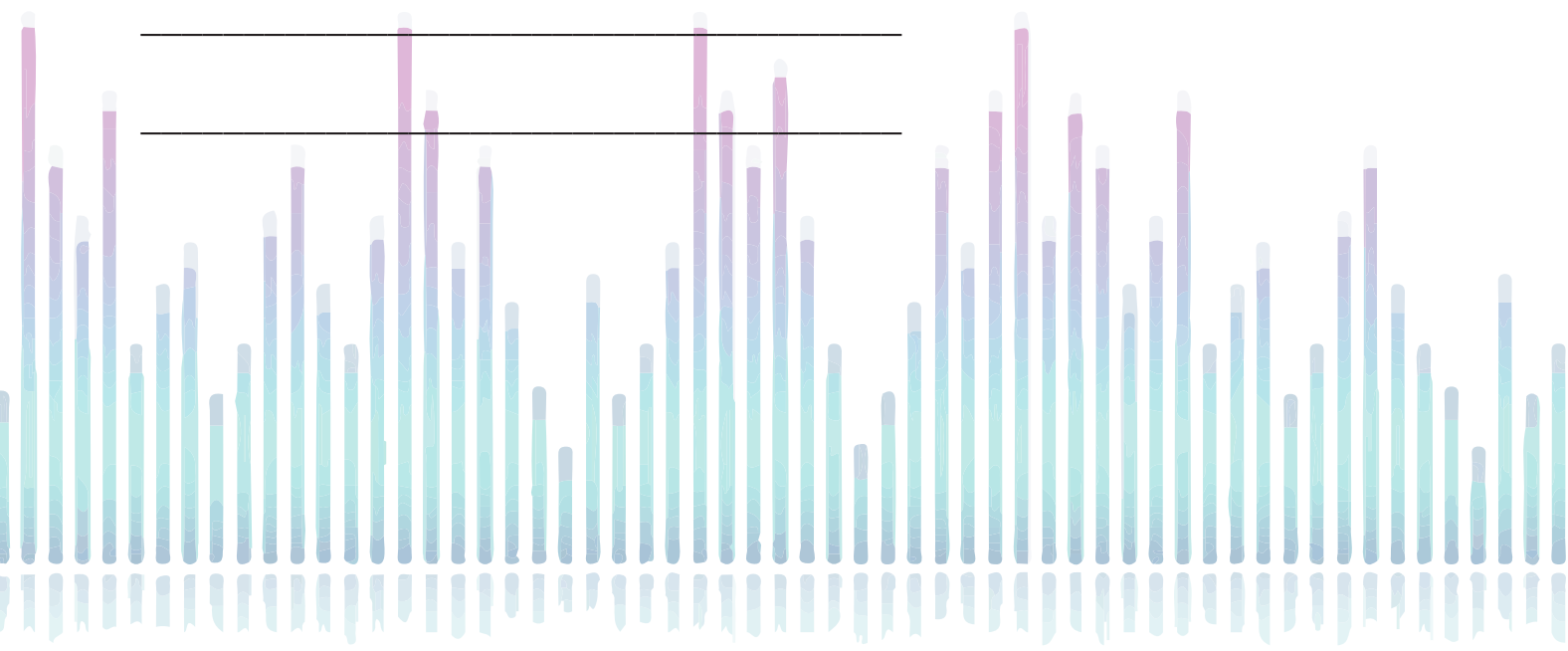
You can find these answers in the answer sheet section of this workbook.

ACTIVITY 11:

Which musical instrument do you play?



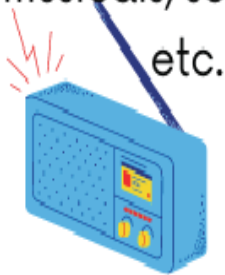
Do you play something that isn't listed here?



ACTIVITY 12:

When sad, try these and see what makes you feel happiest.

Listen to music you enjoy.
Eg: musicals, soca, reggae



Practice playing a musical instrument.

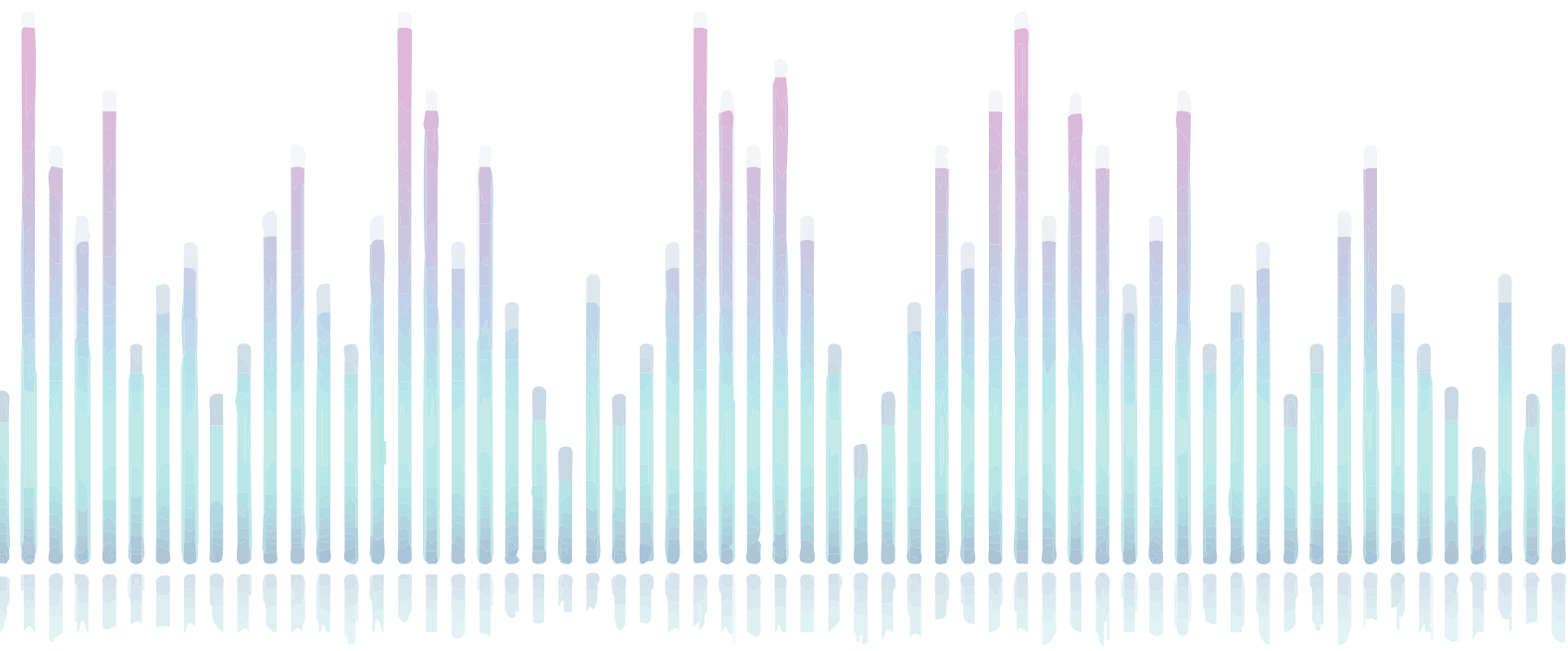


Talk to someone.
Eg: religious leader,
school counsellor.

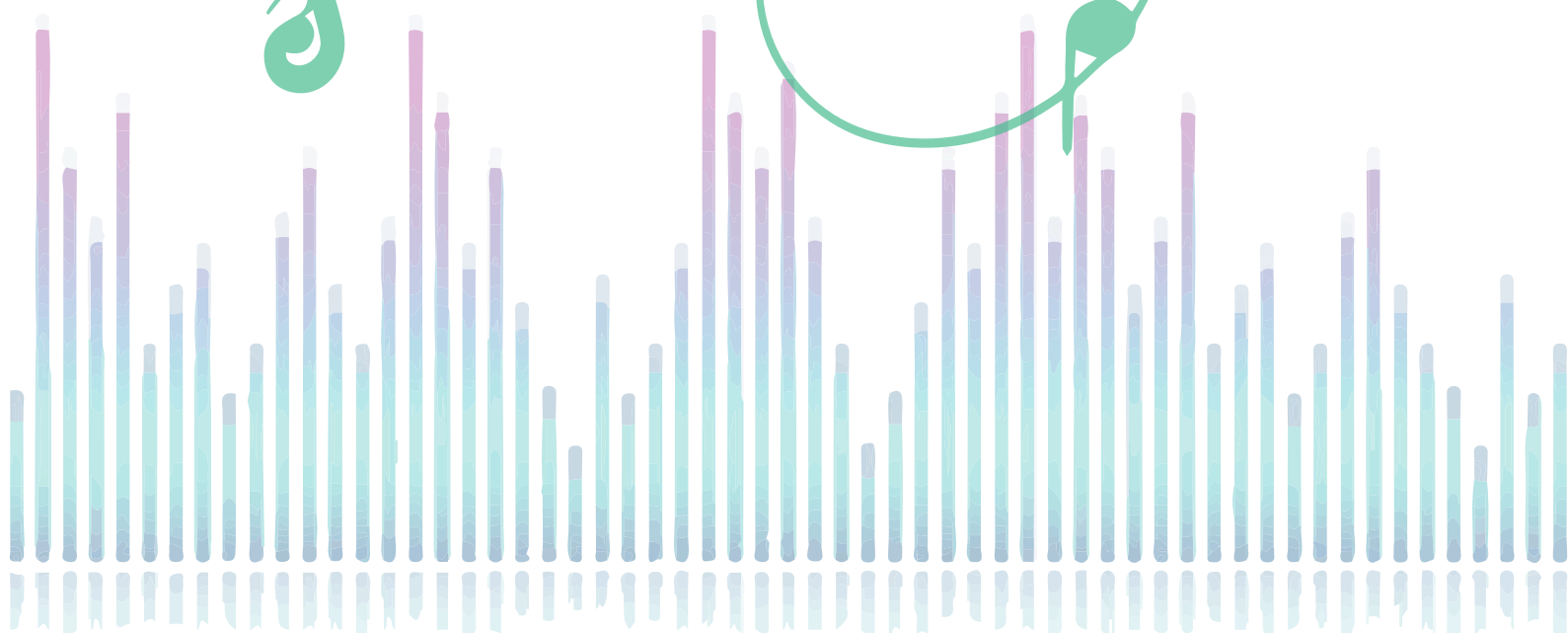


Text a trusted friend.
Eg: peer, parent,
teacher etc.

What other activity makes you feel happy?



ANSWER SHEET



ACTIVITY 6 (answers):

Unscramble the words below. (Some are music related and some Mental Health related).

1: VENOTEHBE

BEETHOVAN

2: OITNEOM

EMOTION

3: EALETSPN

STEELPAN

4: NNEAIDTRIMOTE

DETERMINATION

5: CNOMARAIH

HARMONICA

6: ROENCSCD

CRESCENDO

7: IHNCOMEPOR

MICROPHONE

8: NLCIESIEYR

RESILIENCY

9: TVOAEC

OCTAVE

10: RANOHMY

HARMONY

11: VITOIISTYP

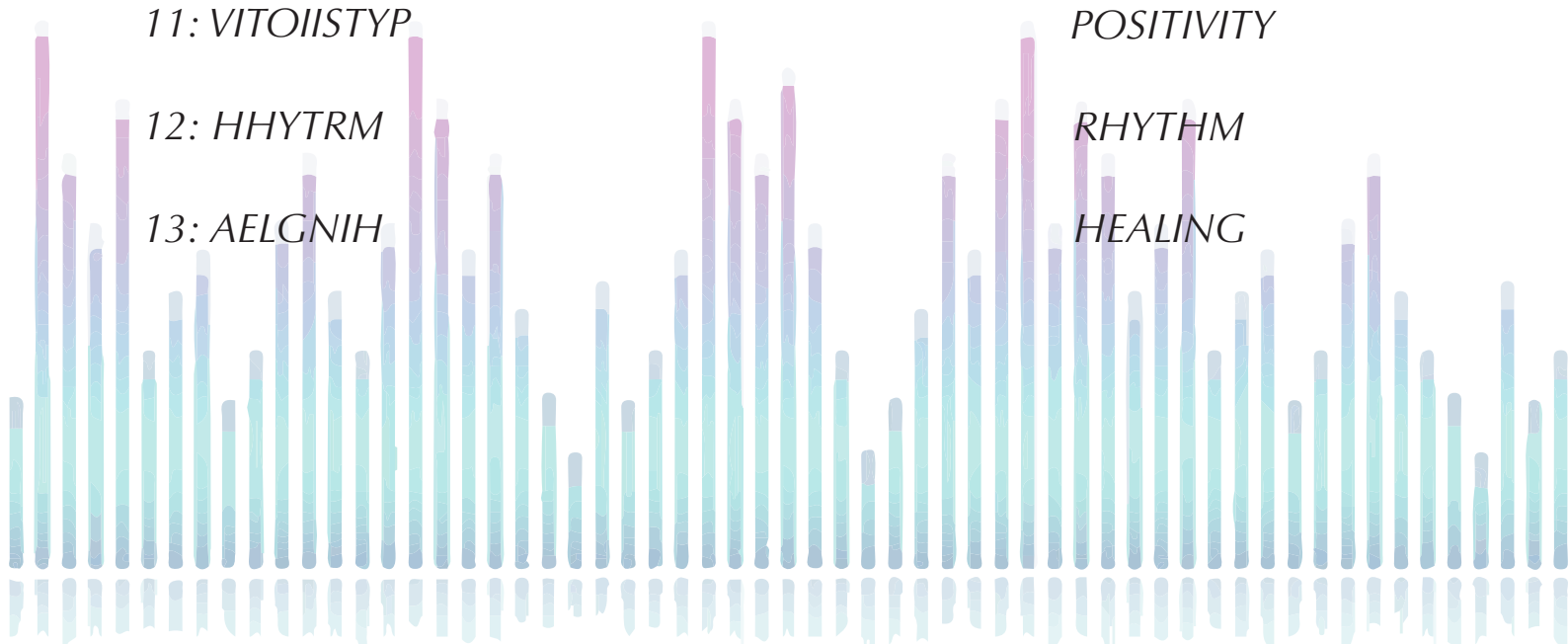
POSITIVITY

12: HHYTRM

RHYTHM

13: AELGNIH

HEALING



ACTIVITY 8 (answers):

Name the singer/artiste and song title of the song bases on the line(s).

[Hint: They are all Calypsos] ask a parent/grandparent or guardian to assist.

1: "Children, go to school and learn well

Otherwise later on in life you will catch real hell."

Artiste: Mighty Sparrow

Song: Education

2: "The sun rises early over the hills

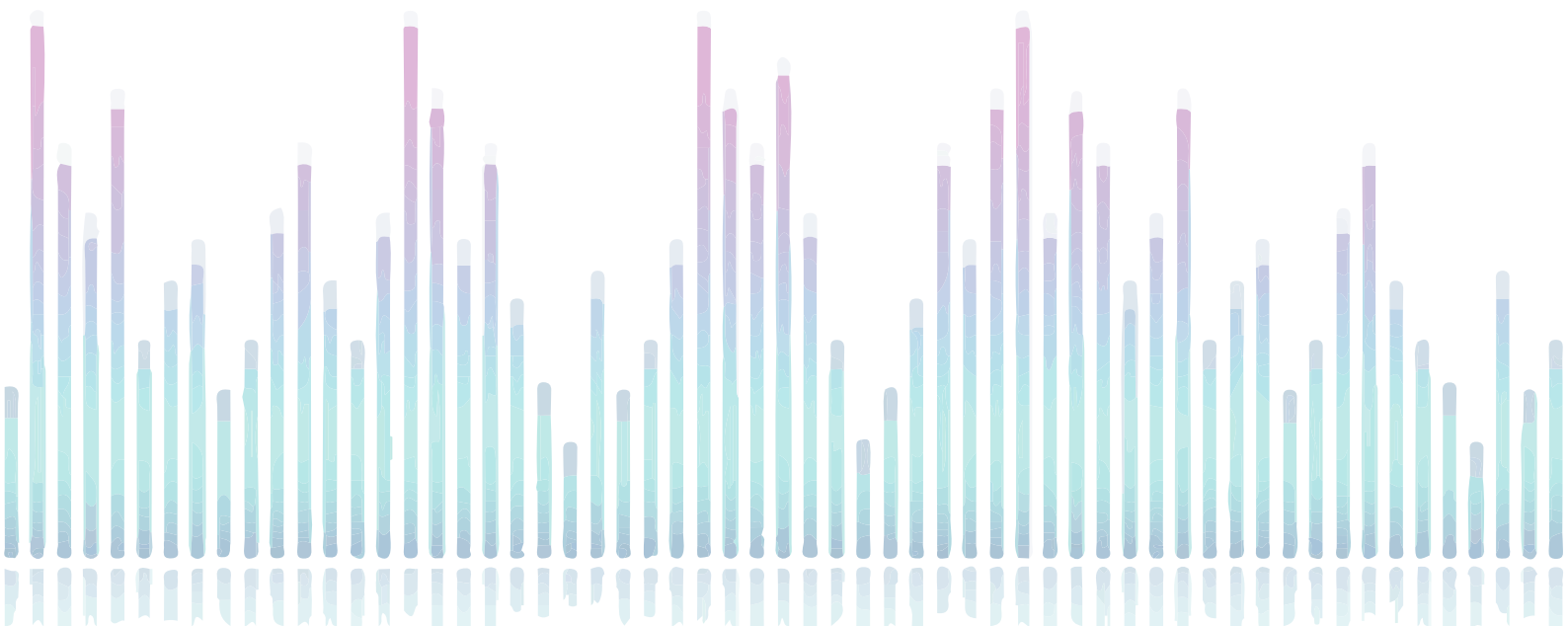
Everywhere is golden sunlight but still

Most lives with sad tales are crowded

Their days with dark clouds are shrouded."

Artiste: Singing Sandra

Song: Voices from the Ghetto



ACTIVITY 8 (answers):

Name the singer/artiste and song title of the song bases on the line(s).

[Hint: They are all Calypsos] ask a parent/grandparent or guardian to assist.

*3: "But every time ah heavy rain fall, by me don't have no current at all
The spoil meh TV, they spoil meh fridge, they nearly kill meh with low voltage
Now before they make me ah lunatic, ah going back to basic."*

Artiste: Trinidad Rio

Song: Back to Basics

*4: "Can you hear a distant drum,
Bouncing on the laughter of a Melody (yea, yea)
And does the rhythm tell you, come, come, come, come
Does your spirit do a dance to this symphony (yea yea)
Does it tell you that your heart is afire (oh yea)
And does it tell you that your pain is a liar (oh yea)."*

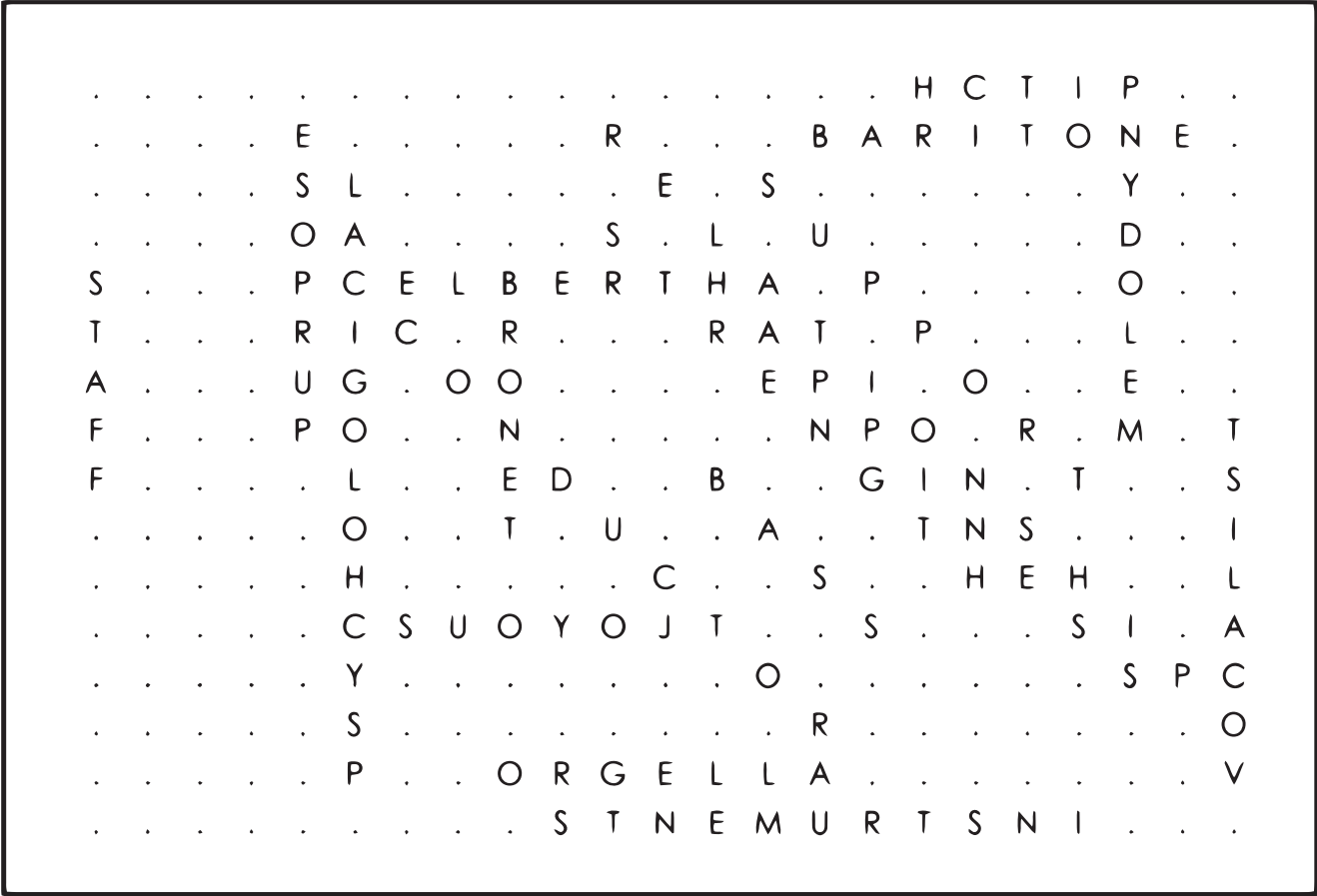
Artiste: David Michael Rudder

Song: Calypso Music



ACTIVITY 10 (answers):

Find the words in the puzzle. (Some are music related and some Mental Health related)



Word directions and start points are formatted: (Direction, X, Y)

- PSYCHOLOGICAL (N,6,15)

RELATIONSHIP (SE,11,2)

INSTRUMENTS (W,20,16)

CONDUCTOR (SE,7,6)

HAPPINESS (SE,13,5)

VOCALIST (N,23,15)

STRENGTH (SE,11,4)
- BARITONE (E,15,2)

SUPPORT (SE,14,3)

PURPOSE (N,5,8)

ALLEGRO (W,15,15)

MELODY (N,21,8)

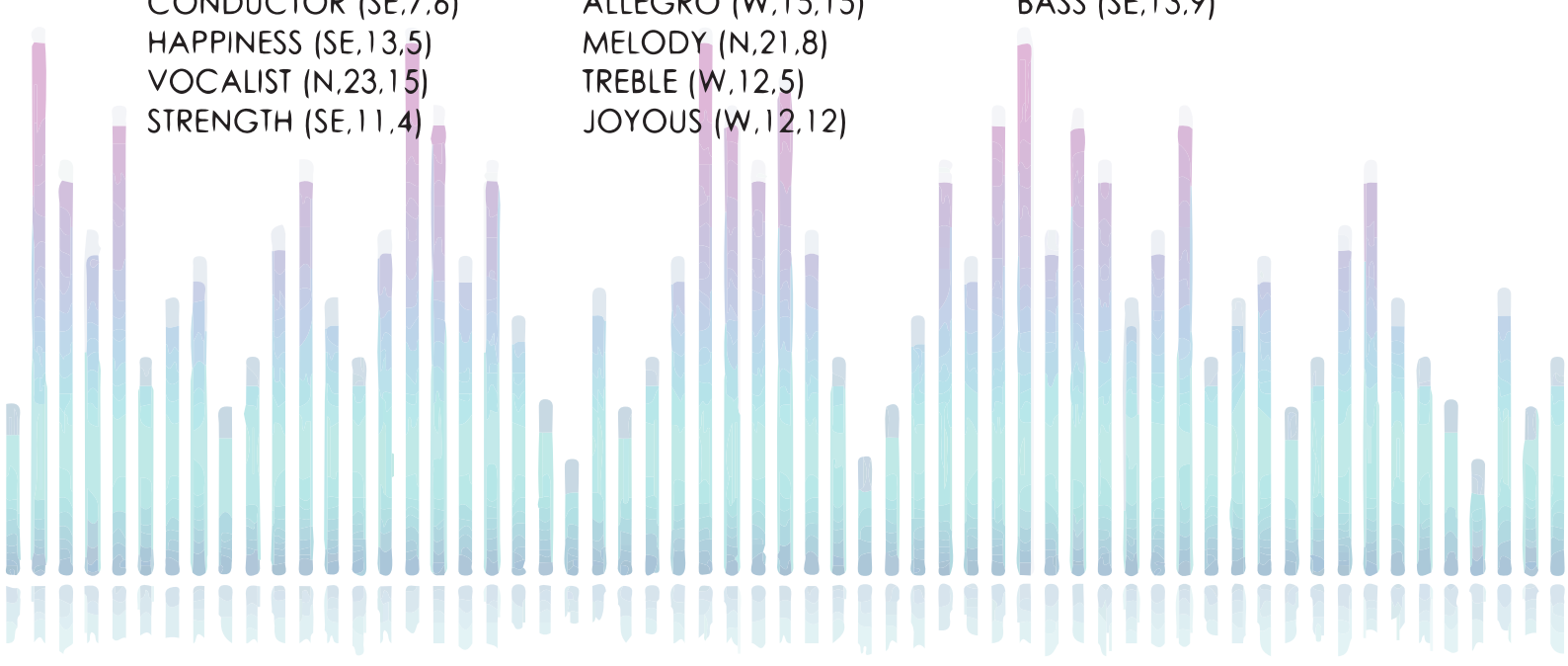
TREBLE (W,12,5)

JOYOUS (W,12,12)
- STAFF (S,1,5)

TENOR (N,9,10)

PITCH (W,21,1)

BASS (SE,13,9)



EFFECTIVE STRESS RELIEVERS

