

# Mindful Moment: Musical Sketch

“Music is the universal language of mankind.” – Henry Wadsworth Longfellow

“Where words fail, music speaks.” – Hans Christian Anderson

Music is an excellent tool for practicing mindfulness, stress relief, and self-care. When you listen to your favorite music, your brain releases dopamine, which lifts your mood. Music has been used for centuries to communicate emotion, and each piece of music may invoke a different emotion to each individual based on their life experiences and culture. There are many ways to use music to practice mindfulness. Use these two activities to practice mindfulness.

## Preparation

- Identify the songs you want to use for your activities, and have them ready to share
- Suggested pieces to play excerpts from:
  - Jupiter by Gustav Holst
  - Spring by Antonio Vivaldi
  - Nocturne Op. 9 No. 2 by Chopin
  - Finlandia by Jean Sibelius
  - Symphony No. 9 from “New World Symphony” by Antonin Dvorak
  - Cannon in D by Johann Pachelbel

## Activity 1

1. Find a comfortable position to sit or lay so that you can relax your body.
2. As you listen to the music, try to hear as many individual instruments as possible. Create a list in your mind of what instruments you hear.
3. When you identify an instrument, try to picture that musician in your mind and imagine what that person had to do to create the specific sound you hear.

## Activity 2

1. Give each participant a piece of paper and drawing utensil. People should be seated at a table or have a hard surface to draw on.
2. Instruct the group to close their eyes and listen to the music and create a picture in their mind based on the song. Have them strictly listen for at least 30 seconds.
3. After 30 seconds to a minute, tell the group to sketch the picture they imagined while continuing to listen to the song.
4. Encourage the group to share their sketches and how they felt when they heard the song.

## Discussion Questions

1. How did the song(s) make you feel?
2. Did you “hear” the song differently because of the task you were given?
3. What kind of music do you listen to reduce stress?

For more information and activity resources visit :<https://u.osu.edu/4hjournal/>

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