

How can music evoke emotion?

Often, music is both written and listened to because it has meaning. Pieces/lyrics are written to express emotions or tell a story. Watch Robert Gupta's "Music is Medicine; Music is Sanity." This is a powerful TED Talk about how music can positively affect people and sometimes heal.

 **Ted Talk: "Music is Medicine; Music is Sanity"**
WATCH: youtu.be/C_SBGtJgBGo



SCAN ME



Music is medicine, music is sanity

"Music was my refuge. I could crawl into the spaces between the notes and curl my back to loneliness." - Maya Angelou



Think:

- Have you ever had the experience of listening to a piece and being moved?
- Do lyrics or music remind you of a friend or a funny experience?
- How can music affect emotions, expressions and have meaning to listeners?
- Can music change thinking on a community or global level?
- Consider this perspective from the view of how music can positively affect one person or a million people.



This activity has two parts:

1. Do you think music can change the way people experience the world around them? How can a person change his/her thoughts, emotions and actions through music? Share one paragraph in response to these questions.
2. Link an article/story/photo/video clip about a positive way music has affected a person or community. Write a quick summary of the clip and a few sentences about how your link can positively affect others. If you are having trouble finding a clip, consider sharing a personal story about how music has impacted you. Don't forget to share a link to a song or piece of music you love!

Adapted from the Music Performance Course, WorldStrides Discovery for Credit program.