



WORKSHEET:

Music and how I feel about me

Key Learning

To help us understand the impact our music, in particular music listening can have on our self esteem and body image. This factsheet has been developed in conjunction with www.tuneinnotout.com, the youth health and wellbeing portal.

You may also like to view the [TINO Music and Our Mental Health worksheet](#), if you would like to discuss the broader music and mental health connection, as this worksheet aims to focus on how music impacts how we feel about who we are, as part of the Freedom to Feel Fantastic message.

Discovering Pre-viewing

Prior to exploring the topic page, ask the class

- **What do you predict we may find out about this topic today?** Have a group discussion and record the answers. After the session compare what you learned to your earlier predictions – what were the similarities and differences?

Introduce the topic to the class:

Music can play a big part in our lives. We listen to music when we are happy, sad, to relax, calm down or pump us up. Music can also have an impact on how we feel about ourselves, which in turn has an impact on our mental health.

Have a group discussion about the role of music listening in your everyday life, i.e. how do you use it, how does it impact you, benefits, negatives, and record the answers.



Key Points: Teacher's List:

Listening to music is a popular way to cope with difficult times. Music can sometimes:

- Express how we are feeling
- Relate to our own experiences and emotions
- Vent difficult thoughts and emotions
- Comfort us
- Music can improve our mood, keep our mood in the same place or make our mood feel worse.
- Becoming aware of how a song impacts us is a very valuable tool

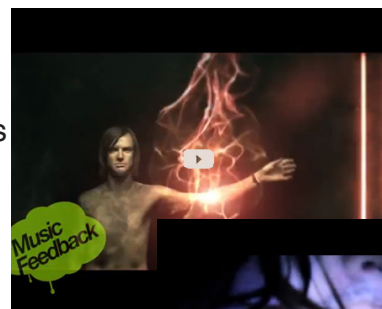
Explore

Visit the topic page on TINO tuneinnotout.com/topics/mental-health/music-and-our-mental-health/, which has videos, factsheets and stories from other young people. Read the *Music Listening and our Mental Health* factsheet.

Find and Watch

On the topic page you will find a number of videos about music and our mental Health, self esteem and body image. Find and watch one or both of these suggested videos to help start discussion:

- Music Feedback: Drew from Karnivool talks about mental health (4mins – direct link <https://www.youtube.com/watch?v=b1cuDnuV5To>)
- Music Feedback: Emperors (4mins – direct link https://www.youtube.com/watch?v=2sg_HPqjinM)



Ask the students to watch the videos and note keywords. Discuss these as a group and add the answers to the class list from the first activity to make a 'Music and your Mental Health' word cloud.

Teacher's list: Here is a list of key concepts mentioned in the videos to assist with post viewing discussion:

- *Allows you to create something*
- *Music can be a coping mechanism*
- *Something fun*
- *Escapism*
- *Music can take you to another place*
- *Expressive*
- *An output for feelings*
- *Helps you when your having a bad day*
- *Wake you up*
- *Makes you feel better*
- *Feels really good*
- *Good distraction when times aren't good*
- *Some songs aren't about the lyrics they just sound good*
- *Identify with a group/culture*
- *Other songs the lyrics get stuff out*
- *Can channel the way you are feeling/emotions*
- *Listening to how others express their feelings*
- *A release*
- *Making music has the potential to make others feel a certain way*
- *Everyone gets something different out of a song*
- *Music is language*
- *People translate music/songs differently depending on situation, the way you feel,*

Connecting/investigating Research / Discussion questions

How is music linked to the way we express, see, think and feel about ourselves?

Often young people say “*music helps to express who I am*”. We listen to music to express and relate to aspects of ourselves for example who we are, what we say, look like or think about. Music can have an impact on how we feel about ourselves, our body image and self-esteem.



Using the list created above, ask the students to put a star next to the words/statements which they use to relate/express/boost themselves for example:

- Expressing who you are, to yourself and others
- How you see, think and feel about yourself
- Relating to or boosting your self esteem and body image
- Don't worry about external influences such as friends and the media

(The aim here is to raise an awareness of, and have a non-judgmental conversation about how their music expresses and relates to different aspects of themselves.)

Is music always helpful?

Introduce this aspect of the topic: *Sometimes listening to music is a helpful way for us to express, see, think and feel about ourselves, and at times it's not helpful. It may be that we're going through an experimenting phase trying out different things, or it may be a time when experimenting actually makes us feel worse about the ways we see, think, feel and talk about ourselves.*

Ask the class “ *do you recognize when music isn't being helpful, and is in fact having a negative impact on your self-esteem and body image (how we feel about ourselves)?*”

Teacher's List: Here are a few points to aid discussion:

1. What does music do for you?
2. Does it make you feel better or worse about yourself? How do you know it's doing that?
3. Do songs have the same effect on all of us? Why?
3. Once you know certain songs/music is making you feel better/the same/worse how can you use this knowledge to improve your self-esteem/body image?

After the class discussion provide this summary.

A lot of young people say music expresses who they are. It is a powerful tool to express how you see, feel, think and talk about who you are - to yourself and others.

Sometimes we use music to experiment with the ways we see, feel, think and talk about ourselves. Certain songs are helpful to express the real us, and other songs are helpful to experiment our different identities. It may not necessarily be the real us. So at times it is helpful to experiment, and other times it is not helpful.

Reflection / Practicing

Applying / What can you do?

Create a Freedom to Feel Fantastic Playlist

Some young people have suggested creating playlists for different times can be really helpful. Check out the music section which features on every topic page on www.tuneinnotout.com for examples.

This activity invites the students to consider what songs are helpful to express, see, think and feel about themselves.

Ask the students to create their own playlist using **Template 1** provided at the end of this worksheet. The students may like to explore songs via the Internet if allowed, or this could be an at home exercise. See Template 1 for details.

Create a class playlist

If you are running a Freedom to Feel Fantastic event, why not make a FFF playlist from everyone's music, or as a group create a separate playlist which can be played at the event.

Music Videos

You may also like to run a discussion on how watching music videos can have an impact on our self-esteem and body image, separate to the actual music itself. This discussion would combine this topic on music, as well as body image and the media (see the separate worksheet in your event pack)

We strongly recommend reviewing any music videos you show to the class, prior to showing to ensure they are age appropriate.

What can you do

Brainstorm ideas on what you could do to educate your school/local community on helpful ways to manage the topic? For example poster, PSA, presentation, play, lunchtime session. Choose one idea and action.

Create some content which covers one or more key messages related to the topic, this can be in the form of written piece (blog, quiz, song, poem, story) audio, image/photo/artwork or video.

For citing purposes:

Cheong-Clinch, C. & Freedom to Feel Fantastic. (2022). Music and our Mental Health [worksheet]. <http://www.freedomtofeelfantastic.com.au>

Thanks to young people for their helpful feedback



ACTIVITY:

Create your own feel good playlist

Think about which songs are helpful to express, see, think and feel about who you are

Playlist DJ name: _____

Playlist Title: _____

Description: (What the playlist means/does for you.
How does the playlist help you express, see, think and feel about yourself? i.e. from feeling insecure to confident, can't find the words to expressing yourself.



Your Playlist Songs

	Song Name	Artist
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

If you would like your playlist submitted on Freedom to Feel Fantastic or www.tuneinnotout.com send it to events@freedomtofeelfantastic.com.au