

Resource 1

Look at the resource below, where some people share the music they enjoy.

I love dance music as I enjoy the beat and moving around to it. It makes me feel happy and excited!

Reuben



Do you have a type of music that you enjoy listening to because it makes you feel a certain way?

I love lots of different types of music and I listen to all sorts whilst I exercise. It makes me feel motivated!

Aleema

There is a song, I can never remember the name of but if I ever hear it, it reminds me so much of a holiday I had as a child. It was an amazing holiday and I feel all tingly and strange when I hear the song as it almost takes me back there!

Michael

I enjoy listening to classical music as it helps me to feel calm and relaxed.

Naomi

