

Conversation Guide

Play short samples from the Focus Instrumentals Playlist then use the Conversation Guide with your class to reflect on SEL skills and strategies.

Conversation Guide

1. How do you feel when you listen to the music?
2. What does it look like and sound like when you are focused?
3. When in your day would it be most helpful to have focus music playing?
4. What other strategies help you to stay focused?



Track

**Focus Instrumentals
Playlist**

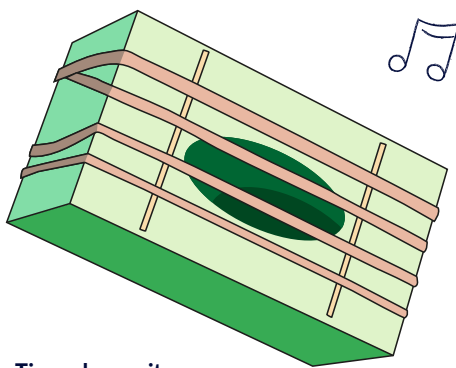


Moshi Music

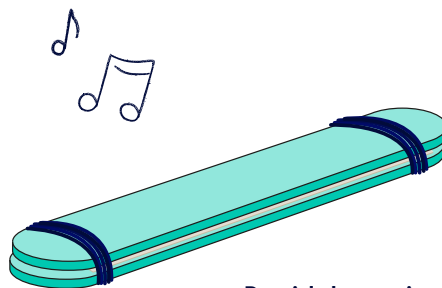
When you use mindfulness strategies, you are learning to focus your energy. Music can help you relax your body and your mind. Try making slow rhythms and fast beats. Which one makes you focus better?

Make Your Own Musical Instruments

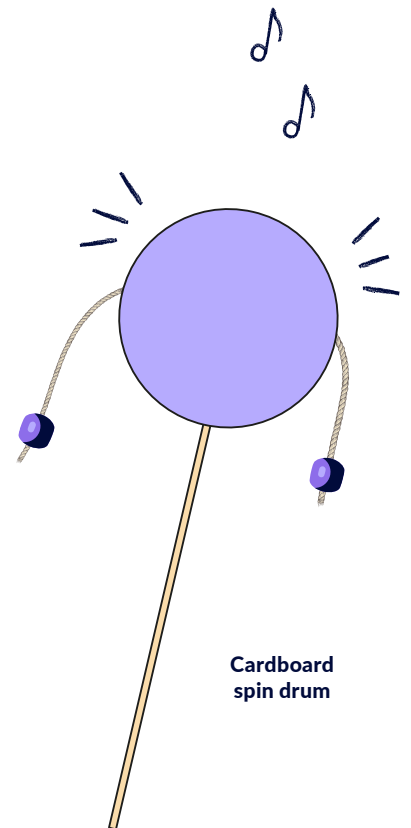
Create your own musical instruments to play and find your own relaxing rhythms. Here are some ideas for **musical instruments** you can make out of objects you might have at school or home.



Tissue box guitar



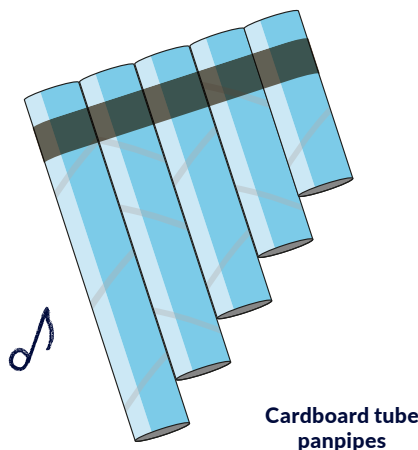
Popsicle harmonica



Cardboard spin drum



Toilet roll kazoo



Cardboard tube panpipes

You can create instruments like these, or come up with your own ideas to make music.