



Name:

Date:

Super Sounds!

a class on social and emotional learning through music.

Rules

Have fun, be respectful of others in your house, be kind to yourself, be SUPER!

Feelings

Definition

Times when I felt this

What it looked like

Glad

Jolly

Sad

Scared

Mad

Frustrated

Today, I get to write and sing the blues!!

Problem
(bad/sad/mad)

Solution
(what do I do to be
glad again?)

Healing Sounds is a music therapy and counseling practice in Chesterfield County, VA. We have an array of remote and virtual options available to all ages. www.healingsoundsrva.com