

MY HAPPINESS PLAYLIST

Strength & motivation can be found in music. Melba Liston once said that a trombone saved her from sadness.

Make a happiness playlist of 10 songs that always brighten your day. You could share your playlist with a family member or friend to see if it helps brighten up their day too!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10

Which instruments do you particularly love the sound of?

What are your favourite lyrics in a song? Write them down and explain how they make you feel.

