



Healing Through Music

Exploring Emotional Well-Being Through Harmony



**Milman Scholarship
Project Presentation**

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Agenda

- Welcome & Introduction
- Ice Breaker Activity
- Lesson Objectives & Standards
- Music Activities & Implementation
- Assessment & Outcome Data
- Follow-Up & Q&A



Let's

Get

CHECK-IN



Excited!

Introduction

- Welcome to our innovative approach to counseling using the power of music! This project integrates music into school counseling to support emotional well-being, stress management, and self-expression.
- We believe music builds bridges between emotions and words, and today's session explores how we make that happen in a school setting.



Ice Breaker: Soundtrack of Your Life



- 'If your life were a movie, what would be the theme song and why?'
- Invite volunteers to share a song and a short explanation.
- This encourages self-reflection and connection through music.

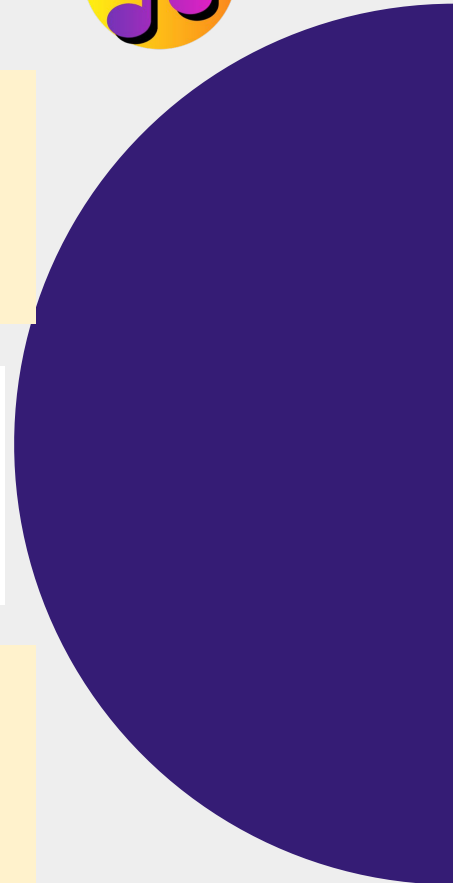




Lesson Objectives



- ❖ Foster peer connection through music-related sharing and discussions.
- ❖ Learn how to use music as a coping strategy for stress and emotions.
- ❖ Use music to support emotional wellness and self-expression.





ASCA Standards & Student Learning

- **M 1:** Develop the whole self including social/emotional balance.
- **B-SM 7:** Demonstrate effective coping skills.



- Students will reflect on their emotional expression through music and demonstrate a coping strategy.

Mood Song



Group Activities

- **Song Reflection & Emotional Health**
- **Choiced Lyrics Analysis & Group Discussion**
- **Guided Journaling Prompt:
'A Song That Speaks to Me'**
- **Kahoot! Quiz: Emotions & Music**





Materials Needed

- Audio device
- Selected (Clean) Music Clips
- Choiced (Clean) Music Clips
- Reflection journals or handouts
- Lyric analysis worksheet
- Kahoot! platform and devices





Assessment & Data Plan

**Students complete a short -
Pre/Post self-assessment including:**

- **Explain an emotion that music helps to process**
- **Identify a music-based coping skill**
- **Reflect on emotional awareness through lyrics**
- **Reporting comfort in peer-sharing about music**



Expected Outcomes

- Improved emotional expression and regulation
- Increased student engagement in small group counseling
- Reduction in stress-related behaviors and referrals
- Stronger sense of peer connection and school belonging





Follow-Up Support

- Make-up mini-session for absentees
- 1:1 or small breakout for students needing mastery support
- Optional music journaling
- Mindfulness Exercises Using Music



Music Sticker Bank



Thank You!

