

# Music Therapy Worksheet

Name	Date
<b>What is the name of the song?</b>	
<b>What emotions or thoughts come to mind when you listen to the song?</b>	
<b>What part of the song is the most meaningful to you? Why?</b>	
<b>Do you have any specific memories associated with the song? If so, please describe.</b>	
<b>How does the song make you feel?</b>	
<b>Is there a particular instrument or sound that stands out to you in the song? Why is it significant?</b>	
<b>What lyrics or message in the song resonates with you the most?</b>	

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**Is there a moment in the song that particularly moves you or makes you feel a strong emotion? Explain.**

**If you could change anything about the song, what would it be?**

**What is your overall experience with this song and how has it impacted you in this moment?**

**Draw or sketch your thoughts and feelings while listening to the song.**