

# Music's Emotional Power

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## Understanding Emotions Through Sound

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on what we learned about music and emotions.

1. What can music help us do with our feelings?

- A. Hide our feelings
- B. Understand our feelings
- C. Ignore our feelings

2. David played the harp for Saul to help him feel \_\_\_\_ and well.

3. Name two musical elements that influence our emotions.

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4. Music can only express happy emotions.

- True     False

5. What scripture shows us music's power over emotions?

- A. Psalm 23
- B. 1 Samuel 16:23
- C. John 3:16

6. How does listening to music help you process your emotions?

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7. Different \_\_\_\_ like rhythm and tone color create emotional responses in music.

8. The rhythm of a song can change how we feel about it.

- True     False

9. What emotion might a slow tempo in music express?

- A. Happiness
- B. Sadness
- C. Excitement

10. Why is it important to develop empathy through music?

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### Answer Key

1. Understand our feelings    2. relief    3. Rhythm and tempo    4. False    5. 1 Samuel 16:23    6. Listening to music helps me feel understood and can make me feel better when I'm sad.    7. elements    8. True    9. Sadness    10. Developing empathy through music helps us connect with others' feelings and understand their experiences better.