



Wellness Tools for Kids

Singing

Singing has a positive effect on the body and mind, helping us feel better. It releases “feel good” hormones that help us relax and calms our nervous system which tells our brain we are safe. When we sing with others it calms and energizes us, and makes us feel more connected to each other. Try singing next time you need to brighten your mood or calm down.

Instructions

- 1.** Find a space you feel comfortable singing in. It's okay if you prefer to sing alone.
- 2.** Chose a favorite song to sing. Don't worry if you don't know all the lyrics. You may even want to sing along to a song.
- 3.** Notice how you feel after singing, how does singing affect your mood?

