

# How to Interact “Musically” with your teenager

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Understand the importance of music and how it helps them to identify and connect with friends, events, and their own psyche

Song/Lyric Analysis: Listen to THEIR music

Song Writing and Composing

Expression through musical performance

## TONING

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♪ HMM

Release Stress & Help you Relax

♪ AHH

Evokes a Relaxation Response

♪ EE

Stimulates & Awakens Mind & Body

♪ OOH & OOM

Considered the “Richest” for people who “tone or chant”

## Determine the type of music you need to support the behavior you want

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♪ Musical preference (*do you like vocals-what kind? Instrumental? Synthized? Do you like strong beat pattern music or more improvisational music like New Age or Jazz?*)

♪ Write down the emotion, mood, setting or activity that you experience when you listen to that particular music