

How to Use Music to Bring Peace and Joy to Your Home

Gena Mayo ~ MusicinOurHomeschool.com

19 Ways to use music to bring peace and joy to your home:

1. Compile a few _____ and have them ready for different situations.
2. If tensions are running high and keep getting higher and higher, call everyone over to just sit down in the living room for a while in silence with their eyes closed and just listen to the _____.
3. Take the focus off yourself. Use a _____ of music to bring you closer to God so He can guide your decisions or emotions.
4. Play a _____ to add energy and fun to a not-so-fun activity or task.
5. Create a playlist of your favorites so you can _____!
6. Have a _____ session with your kids.
7. If you're having a rough day, put on your dancing playlist and just spend some time _____ together.
8. If you or your kids already know how to play an _____, this is a great way to calm down after a stressful day or situation.
9. There are other types of instruments that anyone can play that be bring peace or joy as well. Try _____.
10. Play a music playlist that brought you joy or peace in the _____ to take you back to those times.
11. See my playlist entitled _____ linked at MusicinOurHomeschool.com/playlist for some great music to listen to while you study.
12. Music can also help you remember that there is _____ to your life.
13. Don't play music that makes you feel _____, stressed, or unsettled.
14. If things are getting stressful in the _____, be sure to play your peaceful playlist there.
15. Put on music in the _____!
16. Another type of peaceful playlist includes the sounds of _____.
17. Try listening to 45 minutes of peaceful classical music before bed to improve _____.
18. Share _____ with your kids to have better relationships with them.
19. _____ with your kids.

Answers: music playlists, Peaceful Playlist for 5 minutes, Worship Playlist, Joyful Playlist, sing, karaoke, dancing, instrument, drumming or playing a xylophone, past, Study Playlist, meaning, agitated, car, shower, nature, sleep quality, musical experiences, study music.