

Taking Care of You Moment! - The Power of Music

Materials: Music playing device, speakers or headphones.

Time: Varies

Idea: When an individual has a positive state of learning, he or she can have a better opportunity to make connections and understand concepts and information being presented.

Action: Consider playing calm and relaxing music when working quietly at your workstation. Music can also be playing before meetings and the last couple of minutes to help transition into the next thought or event.

Relaxing Music:

<https://www.youtube.com/watch?v=PErqizZqLjI>

<https://www.youtube.com/watch?v=IFcSrYw-ARY>