

6TH APRIL 2021

SCHOOLS OUT, TAKE ACTION

New Heights Youth Social Action Newsletter

Hello everyone, how are you all?

We thought we would focus on music this week and how music can help us manage our moods. Music has a massive effect on how we feel and I'm sure you have all felt the urge to get up and dance when you have heard an awesome track play on the radio!



Listening to music can help us with relaxation, regulating emotions, motivation, study and sleep.

If you want to know more listen to Nick Grimshaw: How music can help your wellbeing on BBC Bitesize <https://www.bbc.co.uk/bitesize/articles/zhykcmn>

