

Action Plan for Incorporating Music

What are my plans for incorporating more music into my life?		
Recommendations	Presently Doing	Strive to Do
Surround myself with calming music during relaxation activities.		
Enjoy high-energy music to motivate and energize myself.		
Use music with adults in professional learning to change the states of their brains.		
Learn to play a new musical instrument.		
Incorporate music in the classroom to calm and energize students.		
Use prerecorded or student-created songs to enable students to remember content.		
Encourage students to select a musical instrument of interest and learn to play it.		
Integrate music representing various cultures or periods of history into your lessons.		
Goals and Notes:		