

My Calm PLAYLIST

Have each teen create a personal 5-song Calm Playlist. 🎵

Songs can help you feel better, shift your mood and bring a little more balance to your day. Here's a guide to get you started:

1

Something that
makes me feel safe



This could be a song that reminds you of home, a loved one, or a calm place.

🎵 Song: _____

Artist: _____

2

Something that
makes me happy



This could be a song that brings a smile, gives you energy, or lifts your mood.

🎵 Song: _____

Artist: _____

3

Something that
helps me release
anger/ frustration



This could be a song with strong beats, powerful lyrics, or a sound that helps you let go of tough feelings.

🎵 Song: _____

Artist: _____

4

Something that
makes me feel strong



This could be a song that reminds you of your courage, abilities or goals.

🎵 Song: _____

Artist: _____

5

Something that
helps me slow down



This could be a calm, peaceful song that helps you breathe, relax and be present.

🎵 Song: _____

Artist: _____

Rough Day Playlist?

If you have a really tough day, you can also create a "rough day" playlist — a collection of songs that help you get through the hard moments, feel supported and find your way back to a better place.