

Effects of specific pieces

MUSICAL SELECTION	GENERAL EFFECT	POSSIBLE USES
Pachelbel: Canon in D	Calming Providing structure and grounding Balancing Energizing	Study Story-telling Resting
Bach: Brandenburg Concertos	Calming Balancing Energizing Sharpening mental powers	Study/memorization Creative writing or projects Reading information aloud
Vivaldi: The Four Seasons	Energizing Tranquilizing Motivating Uplifting	For low energy periods Play in the morning to set tone for the day Silent work time
Beethoven: Symphony No. 6	Exhilarating Stirs creativity Stimulates imagination Tenderness, feelings of beauty, nature	Story-telling Reading Music imaging
Mozart: Eine Kleine Nachtmusik	Uplifting Energizing Inspiring Motivating	Use especially with children Conducting, movement For motivation For adventure-type imagery
Handel: The Water Music	Energizing Centering Structure	Study and focus Story-telling Reading
Respighi: The Pines of Rome	Dreamy Evokes imagery Stimulates fantasy	Music imaging activities Drawing Creative writing