

13 - Soundtrack

Children love music! (YES, we know, adults do too!) And one reason is because music creates emotions in your brain. But ever wonder how music causes your brain to feel happy, sad, or scared? You've got questions - we've got answers in a very interactive episode of Who Smarted?

And please, if you LOVED listening to this episode as much as we loved making it, kindly take a second and tell a fellow parent or educator about our show. More listeners = more we can do for everyone.

Listen to today's episode SOUNDTRACK on Apple Podcasts, Google, Spotify, Stitcher, OR at our site Who Smarted?

Three things your kid will learn about music in this episode:

Music is universal - nearly everyone has the same emotional responses to the same music or tones.

Low notes cause you to feel fear, because it reminds your brain of scary growling creatures like tigers and wolves, or the frightening rumble of earthquakes, thunder or volcanoes.

Happy songs are usually in major keys because they sound similar to things that arouse happiness in your brain -- such as people cheering, bird songs, and soothing, comforting voices.

Another music fact for YOU to share:

Music, along with painting, poetry, literature and architecture, was an actual [Olympic event](#) from 1912 until 1948. It sounds crazy - but it's true!

Need a parental time out? Try taking a solo music break with headphones (or sitting in the car in the driveway) and listen to a favorite song for 5 minutes. It might be just the recharge you need. Or, if things are getting hectic with the kids, try a "Musical Time Out" instead of a typical Quiet Time Out and reset everyone's mood with some singing and dancing.

More fun stuff to do after the episode:

In the episode we learn how music can actually make you see shapes. Play some of your kid's favorite songs and ask them what shapes, colors, or objects the music makes them see in their minds. A great way to flex the imagination muscle.

Create your own musical score by doing a simple action to various types of music! See how the same action seems totally different depending on the music playing! Record it on your phone, TikTok style and have fun watching it back!¹

¹ This activity guide is for the Who Smarted? podcast www.WhoSmarted.com