

# Hu300 unit 4 project



**ASSIGN  
BUSTER**

Music Carolyn Davis Kaplan University Music in early days of childhood is essential. I associate finger rhymes and nursery rhymes with my childhood. Children dance, hum, and sing to react to music. Other Children try to form original music and dance to complement it. This music always made me feel happy and like I always wanted to move with it. I believe this show that I was a child who loved to play and sing. I love nursery rhymes.

For some reason parents do not teach children these as much as they use to. Nursery rhymes have been around in some shape and style for centuries, being passed down to all generations. I worked in the Children's Library for ten years and it seemed like no one was teaching their children the nursery rhymes. There are a lot of benefits to teaching your child nursery rhymes.

One great thing about them is you can learn them together with your child. This brings closeness between the child and parent. Another great thing about them is they are fun. Children can also learn lessons from them. They learn morals, poetry, and helps with memory.

I use to listen to Disco and Rock when I was a teen. I listen to it because I liked it. I have never done anything because others did. This music to me had rhythm, a sound that made me feel like moving, tapping my feet or just singing along with it. The things you listen to as a teen is possibly the first things you get to chose to listen to all by yourself. Music from my teens takes me back to my youth. Fondness for a certain type of music invokes memories that formed in your teenage years that started your musical

alertness and favorites. I'm interested in all kinds of music, but the music of my teen years still sounds different than the music I hear today.

Since life was new to me then. The world was a new beginning to me and there are so many memories emotionally involved for me. I had a special connection with my music at that age. Music I love to listen to and sing with is my comfort music. It makes me relax and think of happier times. This music includes pop, country, rock, southern rock and some blues.

These songs help me relax and think about better times and fun times. I can forget about the stress and things happening in my life when I sit and listen to my favorite songs. I can also think of the stories in the songs and imagine I am somewhere else. Living in my mind for awhile with these songs help me relax and clear my mind. This helps me after it is all over with because I have a clear mind to think with and then I am able to make the decision I need to make. Songs that bring back happy memories are the ones that are upbeat and also the ones I relate to happiness. Music that makes me dance, songs that make me sing to them, or easy musical parts that relax my mind, all of these make me feel happy. Even just anticipating when the music will start makes me happy.

I spend a lot of afternoons listening to Steve Miller Band or Lynard Skynard these keep my spirits lifted. I use to lie out in the sun and listen to this type of music, these were some great memories. These are mainly the ones to get me up in the morning and tapping my feet. Stairway to Heaven, by Led Zeppelin, is another favorite of mine. I also like to read while listening to these songs.

Any kind of music that gets my pulse racing makes me happy. A lot has to do with the situations at the time. Music itself has to be upbeat to feel upbeat. Music is one of the best de-stressors to me.

It gives me a general feeling of excellent, happiness and a type of ecstasy sometimes. Everyone can gain from a little music healing, which can boost their mood, decrease anxiety, increase motivation, and can even help with depression and insomnia. If we could harness the awe-inspiring musical influence we would become happier and more creative.