

# Music Super Powers Challenge

A combined **5,800+ students and staff from 41 LPS locations** joined this first ever music challenge within the LPS Wellness programming. Students and staff were encouraged to explore the impacts of music. They examined what music made them feel more creative, helped them focus, boosted their moods and made them want to move. Helping students and staff understand the impact of music on learning and mood was an extremely important piece of the challenge. We also addressed the issue of safely listening and protecting future hearing.

## 205,400+ Music Super Powers Activities reported!

### Evaluation Questions Responses:

I ***thought more*** about the songs I heard:

**91% Students and Staff**

I ***took steps*** to use music more to change my moods:

**88% Students and Staff**

***My friends and family joined me*** in this challenge:

**69% Students and Staff**

**41 Participating LPS Locations:** Adams, Arnold, Beattie, Belmont, Brownell, Calvert, Campbell, Cavett, District Offices, Don Sherrill, Eastridge, Fredstrom, Hartley, Hill, Holmes, Humann, Irving, Kahoa, Kloefkorn, Kooser, Lakeview, Lefler, Lux, Maxey, Meadow Lane, Morley, Norwood Park, Park, Pathfinder, Pershing, Pound, Prescott, Pyrtle, Riley, Roper, Saratoga, Sheridan, Southeast HS, West Lincoln, Wysong and Zeman.

### Student Comments Included:

- ♦ Music is my everything. I listen to it every day all day. It really made me think about what I should do more in my free time instead of going on my phone to go on social media I should be more active.
- ♦ This challenge made me think more about music carefully. I encouraged myself to work harder.
- ♦ Music helps me dance! Music helps me learn! Music makes me happy! Music makes me have fun! I Love Music!!
- ♦ Our class loved using music to change our moods.
- ♦ This challenge helped me feel better when I was in a bad mood and focus more when I was doing my homework.
- ♦ We love brain breaks in first grade!
- ♦ I don't really think about listening to music because of the challenge it just applied to my every day life. So now I can tell that music makes a big impact in my life. It makes me active or focused on what I am doing. So in a way this challenge helped me do better in my work and in my everyday life.
- ♦ Listening to music does keep you focused. I usually listen to music when I'm in computer to focus on what I'm typing and to block out any noise that is in the background. I always listen to music to feel better, whether I'm in a bad mood or taking a shower.
- ♦ Music does incredible things to make me feel better.
- ♦ We loved adding more music into our learning day. It made learning more fun!
- ♦ I use music daily, when doing homework or walking my dog. I often like to block out other noises, so it's easier to concentrate. Music helps the creative side of me get going, and I like to walk a lot more if I have some music and headphones on.
- ♦ WE DID SOME CRAZY DANCES IN HEATLH CLASS. If I was in a bad mood the music made me feel better.
- ♦ I listened to good music. I love music. I love to dance to music. It was fun listening to new types of music. I thought more about what a song meant and I got a lot of exercise from the challenge.
- ♦ Music makes me happy! My success was I was happier at home than I usually am! I had the most songs that helped me move and get physical activity.



- ◆ The challenge helped improve my love for music! The feeling was great because it helped me practice basketball and bond with my dad because I don't get to see him that much.
- ◆ This challenge helped me really focus on school work and not let my mind wander.
- ◆ This challenge helped me with being more active.
- ◆ I really took the time to process the songs I heard in my mind, and I thought more about the message.
- ◆ After this challenge, I really started thinking about how music is part of my life. Music is everywhere and it's amazing!
- ◆ This challenge made me more creative and made me dance more to the music I listen to.
- ◆ I figured out what helps me focus and I have finished lots of math and have also gained 2 credits in English in 2 weeks!
- ◆ It helped me a whole lot because I've been feeling down but music always makes me feel better.
- ◆ Listening to music makes my body dance.
- ◆ I like the nature music because it makes me feel like I am in a forest.
- ◆ Can we do more Go Noodle? It helps me get my wiggles out.
- ◆ Listening to music made me feel happy.
- ◆ My favorite challenge yet.
- ◆ I learned that music helps me focus on work.
- ◆ I like to have dance parties with my sisters!
- ◆ I listen to music everyday now!
- ◆ Music was calming and enjoyable.
- ◆ It helped me focus during writing.
- ◆ Music was calming after recess.
- ◆ Classical music was the most calming.
- ◆ It was fun!!!

### Staff Comments Included:

- ◆ Kids LOVED this challenge and the different kinds of music. :)
- ◆ I live for music of all genres! I have no qualms about singing with friends and family in the car, home, school etc. Love this challenge!
- ◆ I play music in my class to help with creativity. Some music is instrumental to calm the students down and help them focus while other music is upbeat and current to what the kids listen to. I play this on Fridays to celebrate the weekend and reward the kids for being good all week.
- ◆ I use music all the time to feel good. Some of my sweet moves have even surfaced in the classroom!
- ◆ It got me thinking more about music and how I wanted to use it in the classroom!
- ◆ I love how music can help in education. I have always used calming music during independent writing time.
- ◆ More than anything else, music is a mood booster for me! I have certain songs I listen to in the morning to get me ready for the day, and others I use after school to try to unwind. I love how music can make a rough day better!
- ◆ This was a fun activity to complete with students! I incorporated more movement breaks with music and the students really enjoyed that. I was also more conscious of music and how it affected me throughout my day.
- ◆ Kids really enjoyed listening to the different types of music. The motivation song before the test were their favorite!
- ◆ Our class enjoys gonoodle.com for indoor recess. We also listened to the suggested genres and artists for this wellness activity during indoor recess.
- ◆ Many students enjoyed marking how music made them feel. They even asked for more songs to listen to during the day. Great challenge that was easy to implement!
- ◆ We love listening to music for writing and brain breaks! We also sing in line! We love music! We use music for transition time! Music helps us learn about science. Spooky music helped us write a spooky story. Music helped to calm us before a field trip. My class loved to draw what they felt and heard in the songs.
- ◆ We like to use music to help us learn! We also love to move to music and it helps us stay focused and calm! Music helps during testing time! We love to use music to move and learn!
- ◆ My students love to listen to music in a variety of ways and it is so wonderful to observe them as they consider how it makes them feel! Good reminder to use music in the classroom more!!!
- ◆ I am a 5th grade teacher and I have been playing Disney Instrumental music during Writing. My kids stay more focused and love recognizing the tunes!
- ◆ Many teachers made playlists for this challenge that we hope they will continue to use them!
- ◆ Because of this challenge, we discussed, as a class, how often we listen to music without even realizing the many ways that it impacts our creativity, our focus, amount of activity, and our moods.

