

Ready  
Set

music

## Welcome To Ready Set Music!

Children can find it hard to talk about feelings, often demonstrating them instead, because they may not have the words to share what's happening inside. But children can learn words to use to describe their feelings, which is an important part of social and emotional learning. Those words can be taught and reinforced through **music**.

Explore

[pennsylvaniapbs.org/ready-set-music/](http://pennsylvaniapbs.org/ready-set-music/)  
to access resources to help at home or in the classroom



### SONGS/VIDEOS

- Can be seen on air on your local PA PBS Station
- Feature an important message like:
  - Change can be hard but you can do it!
  - Grown ups are here to help
  - Your feelings are important
- Are performed by different musicians in different styles
- Can be accessed as a playlist

### PRINTABLE SOCIAL STORY

- Each song is accompanied by a printable social story
- These brief stories help children think about the messages in the song

### COMPANION ACTIVITIES

- Think About It**—these activities help children reflect on their thoughts about the topic and their feelings
- Do It**—these activities get children up and moving
- Make It**—these activities allow children to create or build something
- Share It**—these activities help children to talk and write about their ideas.
- Read About It**—these are recommended stories to share
- Music Matters**—these activities help children explore music and movement activities
- Resources**—to learn more

And  
More

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