

# MY SELF-REGULATION PLAYLIST

A song that validates feelings of anger or frustration	Song Name: Artist:
A song that validates feelings of sadness, heartache, or loneliness	Song Name: Artist:
A song that helps you feel calm or comforted	Song Name: Artist:
A song that reminds you of a positive person in your life	Song Name: Artist:
A song that gives you hope	Song Name: Artist:
A song that describes who you are	Song Name: Artist:
A song that brings you joy or happiness	Song Name: Artist:
A song that energizes you or makes you want to dance or move	Song Name: Artist:

## Tool by Channing Shippen MA, MT-BC

Channing Shippen MA, MT-BC, is a board certified music therapist holding a BM (2011) and MA (2017) in Music Therapy from Berklee College of Music. She is currently working towards her PhD in Music Therapy from Temple University. Channing serves as Director of Music Therapy at Tufts Childrens Hospital and Tufts Medical Center and currently holds teaching positions at Anna Maria College and the University of Rhode Island.