

GAMES Levels of Music Worksheet

(For Auditory Focus)

YOU are a sound engineer!

Learn to really focus on the sounds that are around you every day.

- 1) Choose a Level of Music (from 1 - 5)***
- 2) Write Down the Exercise Number # _____***
- 3) Close Your Eyes and Listen Carefully to the Sounds***

Describe The Sounds That You Heard:

Did they sound natural? Did they sound man-made? If so, why:

*****Did they sound pleasant? If so, why:***

*****Did they sound disturbing or distracting? If so, why:***

*****Learn to add pleasant sounds to your day so that you can focus more on your studies and be more creative.***

***** Learn to avoid distracting sounds when studying or when you need to pay attention to your teacher, or your parent, or someone who is speaking to you.***