

BRIANNA CASTRO

*A guide on musical expression from the
#MannMusicRoom*



MUSICAL EXPRESSION

In her Mann Music Room: LEARN video, Brianna Castro performs an original song that, as she describes, captures a moment of her life that she otherwise couldn't express through just words. Songwriting and performance, for many artists, is a way to express those feelings that get bottled up inside and become increasingly difficult to share with others. This structure of sharing one's emotions is called "musical expression."

Musical expression helps us to experience, comprehend and manage our emotions. This helps maximize our emotional intelligence and improves our relationships with others. This, in turn, improves our quality of life. Furthermore, music isn't just a way to communicate and express different moods. It's also a good way to find your creativity because, on many occasions, music expresses what can't be put into words.

**TRY CREATING
SOMETHING THAT
HELPS YOU EXPRESS
YOURSELF!
A SONG...A BEAT...A
POEM!**

THE IMPORTANCE OF EXPRESSION

The year 2020 has been incredibly challenging for many people and for a variety of reasons. It is important to reflect on the last 18 months and to recognize the great strength you have shown by not giving up through these moments of adversity. Reward yourself by allowing self-expression. Do not try burying these feelings, good or bad, and instead find your preferred means of expression. Whether you share that outwardly with others is completely up to you!

theMann.

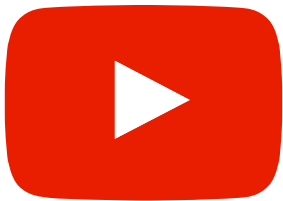
A PLAYLIST FOR YOU!

Click on the song links below to explore examples of musical expression. Then, see if you can identify the story or emotion behind each song.



Happy

Pharell Williams



Let It Go

Disney's Frozen



Express Yourself

Charles Wright



Happier

Marshmello ft. Bastille