

10 of Our Favourite Music Tracks for Regulation



Selecting Music: To calm and regulate students, choose rhythmic music that is around 80 beats per minute. You could use drum music, relaxation music or pop music. For example:

1. Call of the Medicine Drum (David and Steve Gordon)
2. Sunset Ceremony (David and Steve Gordon)
3. Can't Stop the Feeling (Justin Timberlake)
4. Roar (Katy Perry)
5. Halo (Beyonce)
6. Shine Your Way (Owl City)
7. Count on Me (Bruno Mars)
8. Mellowmaniac - Chillout Mix (DJ Shah)
9. Brave (Sarah Bareilles)
10. Try Everything (Shakira)

Experiment with different types of music, and share observations and preferences. Your class might notice one type of music lowers the energy in the room, while another raises it.