

***** SPECIAL REPORT *****

Insider Music List

Eric's Favorite Music Choices for Learning

*If you like this appetizer, you'll love the "full meal"
Eric's New Book is "Top Tunes for Teachers"
Now (finally!) available from The Brain Store*

How to choose your music. Here is how to decide what to play within a category. While you could use an endless number of criteria, *these three are a good start.*

1) State What emotional state are you trying to elicit? Pay attention to what happens to your own body and mind as you listen to the song. Pay attention to the beats per minute (BPM). Songs in the 35-50 BPM range will be more calming, while those in the middle 55-70BPM will be more moderate for seatwork. For activities, the pace might be 70-100 and for energizers, maybe 100-160 BPM will rev it up.

2) Age of Listener What generation am I working with? Stay within your generation! The way to decide is ask this simple question: If they're adults, what music did they listen to in high school and college? If they're age 14 or less, what are the current soundtracks to movies that are hot?

3) Type of Music Do I use music with words or instrumentals only? In general, use words only if it's for transitions, games that require them or special occasions. Most of the time, instrumentals are better. If you use only one kind of music you're missing out on some great alternatives. Here now, are some suggestions.

High Energy States

Energizers To Go* (The Brain Store CD)
Whip It (Devo)
I'm So Excited (Pointer Sisters)
Shake it Up (Cars)
I Like to Move It (Reel 2 Reel)
Hawaii Five-0 Theme (Ventures)
We Didn't Start The Fire (Billy Joel)
Eye Of The Tiger (Survivor)
William Tell Overture (Rossini)
Locomotion (Kylie Monogue)
New Attitude (Patti LaBelle)
Taking Care Of Business (BTO)
Hooked on Classics
1812 Overture (Tchaikowsky)
Jellyhead (Crush)
C'mon N' Ride It (The Train) Quad City DJs
The Best of Chic (Chic)

Arousal States

Flight of the Bumblebee (Rimsky-Korsakov)
Good Morning (Peter Gynt)
Toy Symphony March of the Toy Soldiers (Tchaikovsky)
Energizers to Go* (The Brain Store CD)
Ready to Rumble (Jock Jams CD)
Peter & the Wolf (Prokofiev)
Theme from "Rocky" (Bill Conti)
1984 Summer Olympic Games (John Williams)
Fanfare for the Common Man (Aaron Copeland)
Triumphal March (Verdi)
Wedding March (Mendelssohn)
Rackoczy March from Hungarian Rhapsody (Liszt)
Peter Gunn Theme (Ray Anthony and his Orchestra)
Grand March from "Aida" (Verdi)

Celebrate

That's the Way I Like It (KC & Sunshine Company)
I Feel Good (James Brown)
I Can See Clearly Now (Johnny Nash)
Theme from Rocky (Bill Conti)
Raiders of Lost Ark Theme (John Williams).
Simply the Best (Tina Turner)
Hot, Hot, Hot (Chili Pepper)
We are the Champions (Queen)
Celebration (Kool and the Gang)
Hallelujah Chorus (from Handel's "Messiah").

Introductions

Hello, Dolly (Louis Armstrong)
Getting to Know You (from "The King & I", Rodgers & Hammerstein)
I Can't Get Next to You (The Temptations)
Talk to Me (Anita Baker)
Big Shot (Billy Joel)
Hello (Lionel Ritchie)
You've Got a Friend (James Taylor)
Hey, Good Lookin' (Hank Williams)
Why Can't We Be Friends (War)
Together Again (Janet Jackson)

Relaxed and Still Alert

Latin Gypsy (CD by Marc Antoine)
Whistle While You Work* (The Brain Store CD)

States for Reflection.

Peace And Quiet* (The Brain Store CD)
Winter (George Winston)
Priceless Jazz (John Klemmer)
Piano Music (Eric Satie)
Goldberg Variations (Bach)
Music for Airports (Brian Eno)
Inner Rhythms (Randy Crafton)
Fragrances of a Dream (&) Wish upon a Star (Daniel Kobialka)

Positive Lyrics

Reach Out-I'll Be There (Four Tops)
You've Got A Friend (Carole King & James Taylor)
We Are Family (Sister Sledge)
I'll Take You There (Staple Singers)
You Can Make it if You Try (Sly and the Family Stone)
I Will Survive (Gloria Gaynor)
Circle Of Life (Elton John)
When You're Smiling (Louis Armstrong)
Heigh-Ho (Disney: Songs of The South)
Zip-A-Dee-Doo-Da (Disney: Songs Of the South)
Wind Beneath My Wings (Bette Midler)
Wonderful World (Louis Armstrong)
Fly Me to the Moon (Bobby Darin)

Going Home Songs

Heigh-Ho from Disney's Snow White (Frank Churchill)
What a Wonderful World (Louis Armstrong)
I've Had the Time of My Life (Bill Medley and Jennifer Warnes)
Five O'Clock World (The Vogues)
Is it Over Yet? (Wynonna)
Happy Trails (Dale Evans)
Good Riddance (Time of Your Life) (Green Day)
See You Later, Alligator (Bill Haley & His Comets)
Leaving on a Jet Plane (Peter, Paul, & Mary)
So Long, Farewell (from "The Sound of Music," Rodgers/Hammerstein)

Note about availability:

Top Tunes for Teachers- (WOW! NEARLY 1,000 OF THE VERY BEST SONGS!)*

Whistle While You Work* (The Brain Store CD)
More Whistle While You Work* (The Brain Store CD)
Transitions to Go!* (The Brain Store CD)
Energizers to Go* for Kids and For Adults (The Brain Store CD)
Peace and Quiet* and Another World* (The Brain Store CD)

*** Available in The Brain Store Catalog and at www.thebrainstore.com**