

MOOD MUSIC PLAYLISTS

AUTHORS: NOA LANDAU-CAMARILLO AND AMANDA THOMPSON

Welcome to FJC's Mood Music Playlists! Here you'll find nine ready-made playlists, color-coded for any possible mood you might be feeling. While music can be incredibly personal, it also has a history of connecting people, which is why we encourage you to listen to these playlists alone, with friends, as a bunk, during the summer, or year-round. Not only does music serve as the connection between people, and therefore fulfilling one's social health; music can also have a significant impact on mental, physical, and emotional health. For example, studies suggest that music decreases stress and increases overall health. Whether it be used as a coping mechanism, a distraction, an activity, a tool to soothe, a tool to energize, background music for programs, etc. we hope you enjoy these playlists!

PLATFORM:

SPOTIFY

Each playlist is linked to the color.

PLAYLISTS:

Pink: Pink, stereotypically or not, has been associated with feelings of love for a very long time. Love doesn't have to be romantic; it can be familial, friendship, or even self-love. This playlist tries to capture the range of 'pink', from sharp strong hot pink to delicate light soft pink. A good playlist for when life is positive and a reminder that you are in it.

1. Because You Loved Me - Celine Dion
2. Gavi's Song - Lindsey Stirling
3. Uptown Girl - Billy Joel
4. Adore You - Harry Styles
5. Baby I'm Yours - Arctic Monkeys
6. Every Time We Touch - Cascada
7. What About Us - P!nk
8. Boy With Luv - BTS ft. Halsey
9. We Find Love - Daniel Caesar
10. White Ferrari - Frank Ocean
11. Brown Eyed Girl - Van Morrison
12. Cheerleader - Pentatonix
13. Firework - Katy Perry
14. My Life Would Suck Without You - Glee Cast
15. Something That I Want - Grace Potter
16. Now And Forever - Carole King
17. Electric Love - BORN\$
18. After the Storm - Kali Uchis
19. Beautiful People - Ed Sheeran ft. Khalid
20. At My Worst - Pink Sweat\$

Red: Red comes with its own slew of complicated emotions. Red for some could be the color of anger or frustration; for others it's the color of passion and the adrenaline that comes with being alive. This is an upbeat playlist with a bit of an edge for those of us that need a boost.

1. Fine By Me - Andy Grammer
2. I Hope - Gabby Barrett
3. Go Big Or Go Home - American Authors
4. Stutter - Marianas Trench
5. Good To Be Alive (Hallelujah) - Andy Grammer
6. Toy - Netta
7. Starcrossed Losers - The Fratellis
8. Last Young Renegade - All Time Low
9. Don't Stop Me Now - Queen
10. St Elmo's Fire - John Parr
11. Check Yes Juliet - We The Kings
12. Set Fire to the Rain - Adele
13. Fearless - Taylor Swift
14. Life is a Highway - Rascal Flatts
15. Roar - Katy Perry
16. Viva La Vida - Coldplay
17. On Top Of The World - Imagine Dragons
18. All Along the Watchtower - Jimi Hendrix
19. L'takein (The Na Na Song) - Dan Nichols & E18teen
20. Lonely Boy - The Black Keys

Orange: Orange is sweet, daring, and a little jazzy. This playlist is full of songs that will have you jumping, dancing, and singing along. There are a few slower songs because, with every color comes a contradiction and orange is no exception, sometimes it's a little sour and not all sweet.

1. How Far We've Come - Matchbox Twenty
2. It's Time - Imagine Dragons
3. Sweetness - Jimmy Eat World
4. Scarecrow - Alex and Sierra
5. Mind Over Matter - Young the Giant
6. Fire and the Flood - Vance Joy
7. I'm Born To Run - American Authors
8. Crazy Beautiful - Andy Grammer
9. Wild Sun - The Strumbellas
10. Timebomb - WALK THE MOON
11. Hooked on a Feeling - Blue Swede
12. Saturday Night's Alright (For Fighting) - Elton John
13. River - Leon Bridges
14. Geronimo - Sheppard
15. Year 3000 - Busted
16. The Cave - Mumford & Sons
17. Another Story - The Head and the Heart
18. House Party - Sam Hunt
19. Footloose - Kenny Loggins
20. Dream a Little Dream of Me - The Mamas & The Papas

Yellow: Yellow is hopeful, soft, warm, and positive. Yellow is the bridge between the warm colors and the cool colors. It has songs that cross on either side of that line, but that overall promote a feeling of comfort, self-awareness, and a strength to continue on, no matter your place in life.

1. Fields of Gold - Sting
2. Yellow - Coldplay
3. Unpack Your Heart - Philip Phillips
4. What A Feeling - Irene Cara
5. Shotgun - George Ezra
6. Wander - The Aquadolls
7. All About Us - Owl City
8. I Can Only Imagine - MercyMe
9. Be Okay - Oh Honey
10. Walking in Memphis - Marc Cohn
11. Tudo Bom - Static & Ben El
12. I'm Still Standing - Elton John
13. Turn it UP - We The Kings
14. Hey There Delilah - Plain White T's
15. Better When I'm Dancing - Meghan Trainor
16. Carolina in My Mind - James Taylor
17. He Mele No Lilo - Mark Keali'i Ho'omalulu
18. Bad Day - Daniel Powter
19. Wagon Wheel - Darius Rucker
20. Complicated - Mac Miller

Green: We read green as a color of transition, one that reminds us of nature, journeys, deep thoughts, and memories. These songs are as much about personal growth and strength as they are about our relationships with those around us.

1. Rivers and Roads - The Head and the Heart
2. Black and White - Niall Horan
3. Kiss You Slow - Andy Grammer
4. Don't Throw Out My Legos - AJR
5. Alaska - Maggie Rogers
6. Leaving, On a Jetplane - John Denver
7. Someone To You - BANNERS
8. Vienna - Billy Joel
9. Postcard Park - Late Night Thoughts
10. September - Daughtry
11. Hall of Fame - The Script
12. Somewhere Only We Know - Glee Cast
13. Shenandoah - Peter Hollens
14. The Middle - Jimmy Eat World
15. Cough Syrup - Young the Giant
16. Green Light - Lorde
17. Going to California - Led Zeppelin
18. Riptide - Vance Joy
19. Beach - San Cisco
20. 3 Nights - Dominic Fike

Blue: Some people might view blue as sad and hopeless, but we looked at blue and saw open skies, bright days, spattered occasionally with songs that acknowledge the down days that we all have. This playlist winds through yearning for home, missing oneself, and the gratitude of what life brings.

1. Vincent - Don McClean
2. Clean - Travis Atreo
3. Invisible - Hunter Hayes
4. The Muse - The Wood Brothers
5. Remember Me - UMI
6. Mr. Blue Sky - Electric Light Orchestra
7. Walking in the Wind - One Direction
8. See You Again - Elle King
9. Fredda - Late Night Thoughts
10. Superheroes - The Script
11. Hear You Me - Jimmy Eat World
12. Home (acoustic) - Daughtry
13. Lost Boy - Ruth B.
14. Dandelion Wine - Gregory Alan Isakov
15. On My Way - Phil Collins
16. Stay Beautiful - Taylor Swift
17. Lucky - Jason Mraz/Colbie Caillat
18. Touch The Sky - Julie Fowlis
19. L'chi Lach - Debbie Friedman
20. Blackbird - The Beatles

Purple: When we thought purple, we thought quirky and magical. These songs are bouncy, cheery, and thoughtful, with a touch of a darker sound. These songs bring out the dreamer in us. This playlist is empowering, sentimental, and a touch cosmical.

1. Ophelia - The Lumineers
2. Memories - Ajay Stephens
3. Almost (Sweet Music) - Hozier
4. Green Tea Ice Cream- Linda Diaz
5. Bright - Echosmith
6. Rockstar - A Great Big World
7. Indigo Night - Tamino
8. Collar Full - Panic! At The Disco
9. Long Live - Taylor Swift
10. Lions - Skillet
11. Shooting Star - Owl City
12. The Indigo Waves - Aoi Teshima
13. Turn Turn Turn - The Byrds
14. Home - Phillip Phillips
15. Fireflies - Owl City
16. The Circle Game - Joni Mitchell
17. still feel. - half alive
18. Valerie - Amy Winehouse
19. Me and Julio Down by the Schoolyard - Paul Simon
20. Diana - One Direction

Black: Black is dark, both musically and tonally. These songs range from electronic to instrumental, with themes of personal placement in the world and fierce strength to keep going on. This playlist really focuses on the moments where life is not always soft and hopeful, and that sometimes the world comes with sharp corners, but even then, there are still moments of light.

1. Moving in the Dark - Neon Trees
2. Cheap Thrills - Sia ft. Sean Paul
3. Castle - Halsey
4. The Judge - Twenty One Pilots
5. Beautiful Now - Zedd
6. Habibi - Tamino
7. Basket Case - Green Day
8. A World Alone - Lorde
9. Centuries - Fall Out Boy
10. The Nights - Avicii
11. World Away - Tonight Alive
12. Ain't Gonna Drown - Elle King
13. lovely - Khalid and Billie Eilish
14. Jet Black Heart - 5 Seconds of Summer
15. My Calling - AJR
16. Carry On - fun.
17. LA Devotee - Panic! At The Disco
18. Good Times - All Time Low
19. Rise Up - Andra Day
20. Ashokan Farewell - Jay Ungar

White: This playlist really focuses on the inverse of Black. Sometime we need to remember the lightness of life, the innocent, the unresolved, and the growth of possibility for tomorrow. These songs are soft, more instrumentally based, and perfect for the days when we really just need to slow down and take a deep breath.

1. Found/Tonight - Ben Platt and Lin-Manuel Miranda
2. Best of You - Andy Grammer ft. Elle King
3. Build Me Up Buttercup - Lara Anderson
4. Clean - Taylor Swift
5. Sarah Maria - James Taylor
6. You've Got to Hide Your Love Away - Eddie Vedder
7. Somewhere Over The Rainbow/What a Wonderful World - Israel Kamakawiwo'ole
8. Yesterday - The Beatles
9. Innocent - Taylor Swift
10. So Close - Jon McLaughlin
11. Grow As We Go - Ben Platt
12. Kathy's Song - Simon and Garfunkel
13. In the Blood - John Mayer
14. I Give Thanks - Noam Katz
15. Best Part of Me - Ed Sheeran ft. YEBBA
16. Acheinu - Maccabeats
17. Makom L'tzidech - Dor Daniel
18. Endlessly - The Cab
19. Falling Awake - Anthem Lights
20. Here Comes The Sun - The Beatles

DISCUSSION/REFLECTION QUESTIONS:

- What did you notice/experience while listening?
- What did you feel while listening?
- Has your mood changed after listening?
- Which songs would you have added?
- Can a color encapsulate more than one mood?
- What did you initially think of each of the colors' moods? Did your opinion change once you listened to the playlist?
- Were you surprised by some of our picks?