**NEEDS BEFORE NOTES: RECENTERING MUSIC EDUCATION ON WELLBEING**

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| **CHALLENGE** | **SKILLS NEEDED** | **HOW WE CAN PRACTICE THESE SKILLS**  **IN THE MUSIC CLASSROOM** |
| Self-management  Impulse Control |  |  |
| Balancing Expectations |  |  |
| Afraid to take risks/ Being vulnerable |  |  |
| Lack of resilience |  |  |