



HOMESCHOOL SCIENCE EXPERIMENT

Testing the Effect of Different Music Genres on Mood and Heart Rate

Name: _____

Date: _____

Age: _____

QUESTION

How do different music genres affect mood and heart rate?

HYPOTHESIS

I think _____ music will _____
my mood and _____ my heart rate because _____.

MATERIALS

- Music player or device
- Headphones or speakers
- Heart rate monitor (smartwatch, fitness tracker, or pulse meter)
- Mood rating sheet (1–10 scale)
- Timer or stopwatch
- Notebook and pen



PROCEDURE

1. Choose 3–4 different music genres to test (e.g., Classical, Pop, Rock, Hip-Hop, Jazz, Lo-Fi).
2. Find a quiet, comfortable place where you can sit and relax.
3. Rest quietly for 5 minutes in silence.
4. Measure and record your resting heart rate.
5. Rate your current mood using the mood scale (1–10) for the categories below.
6. Listen to one music genre for 5 minutes.
7. Immediately measure your heart rate and rate your mood again.
8. Rest for 5 minutes in silence before testing the next genre.
9. Repeat steps 4–8 for each music genre.

DATA TABLE

Music Genre	Heart Rate Before (beats per minute)	Heart Rate After (beats per minute)	Mood Rating (1–10)					Notes (How did you feel?)
			Happy	Calm	Energetic	Sad	Anxious	
Resting (Silence)								
Genre 1:								
Genre 2:								
Genre 3:								
Genre 4:								

ANALYSIS

1. Which music genre made you feel the happiest? _____
2. Which music genre made you feel the calmest? _____
3. Which music genre increased your heart rate the most? _____
4. Which music genre decreased your heart rate the most? _____
5. What patterns do you notice between mood and heart rate? _____

6. Based on your results, how does music affect your body and mood?

CONCLUSION

Write a short conclusion explaining what you learned from your experiment.



THINK FURTHER: Would the results change if you listened longer? What about the volume of the music? Try testing again with different volumes or times!