Centre for ADHD & Autism Support

Calm Tunes Playlist

Songs that help you find inner peace and calm

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



Thanks to: www.pookyknightsmith.com

Centre for ADHD & Autism Support

Happy Tunes Playlist

Songs to help pick you up when you feel down

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



Thanks to: www.pookyknightsmith.com

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Sad Tunes Playlist

Songs that help you work through feelings of sadness or anger

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



Thanks to: www.pookyknightsmith.com