

Music is an important part of life and society. There is music all around us and no one would want to live in a world without it.

Learning a musical instrument is of huge benefit to the development of a child.

This guide outlines some of the many reasons to learn music and the skills and knowledge that are gained along the way. If you are trying to encourage a child to learn a musical instrument, this book might help.

Read the poem, delve into the facts, and enjoy this short summary of the benefits of learning music by Mother Owl.

Suggested age range: 8 - 14

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KIDS GUIDE TO The Benefits of Learning Music





Life is full of music
that you can learn to play
A lifelong skill that helps you
enjoy every single day

The Benefits of Learning Music

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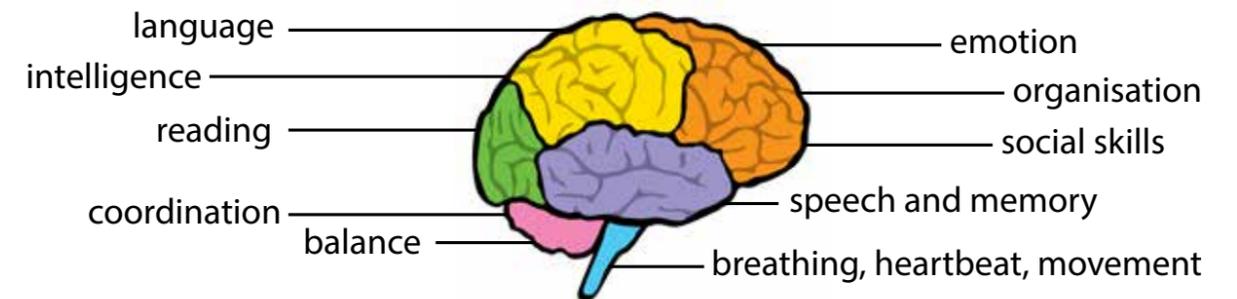
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Introduction

Can you imagine a world without music? It is everywhere around us when we are working, relaxing, shopping or travelling.

If the brain receives sound waves from a source of music, a lot of information is processed very quickly and in many different ways. Listening to a piece of music may trigger an old memory or it may change your emotion, making you feel happy or sad. It may even cause a physical reaction like your foot tapping, or an urge to dance. Music can have a strong influence on both you and the people around you; it has an effect on just about every part of the human brain.

THE HUMAN BRAIN - and what it controls



Most people just listen to music, either at a concert or as a background sound while doing something else. Fewer people actually learn to read and play music because it requires a lot of study and hard work. If you learn music when you are a child, you will be able to enjoy the skill for your whole life. Unlike many sports which require you to be young and fit, music can be played by all people of all ages and it is never too late to learn. There is no other way to get better at performing except by hours of practice, so real success is hard to achieve but if you choose to take on the challenge of learning music, there are huge benefits to be gained.

Where
words fail,
music
speaks.

- Hans Christian
Anderson

Without
music,
life would
be a
mistake

- Friedrich Nietzsche

Music can
change the
world,
because it
can change
people

- Bono, U2

The sound made by a musician
who has studied hard for years
Brings pleasure to
the human brain
when it enters through the ears



MUSIC IS
the Poetry
of the air

- Jean Paul Richter

A painter
paints pictures
on canvas.
But musicians
paint their
pictures
on silence.

- Leopold Stokowski

Music
has
healing
power.

- Elton John

There are lots and lots of reasons
to learn music if you can
And the benefits of practice
will last a whole lifespan



Summing it up

If you are just starting out on the journey, and music lessons seem like a lot of hard work, rest assured that it is all worthwhile. Your brain will be enriched, you will get **better at making decisions** and you will **remember more information**. If you have trouble concentrating at school, learning music may help you to pay attention. Your **listening and reading skills** will improve and you will find it easier to see patterns in maths or pick up a new language. If you choose to sit music theory and practical exams, the challenges and set-backs along the way will build **resilience** and improve your ability to cope in stressful situations. When you have learnt to play a musical instrument and understand the theory behind it, the next goal may be to write your own songs and lyrics. Composing music can provide an amazing **sense of achievement**, because you can truly express yourself and then share your creations with others. Many studies have shown that songwriting is **great for your mental health**.

With **better coordination**, you should get better at any physical activity you enjoy. With the experience of performances, you will be more **confident** to deliver a speech to a room full of people. With an increase of your **general knowledge** about history and politics, you will be able to contribute to a wide range of conversations and discussions. With the ability to play in an orchestra or a band, you will make **friendships and connections** with many different people.

All these benefits will just make you feel better about yourself and **make you happy**. You will have a skill that you can enjoy even when you reach old age because the rewards of a musical education will **last a lifetime**. You will also be contributing to an important source of enjoyment for people all around the world.