

Benefits of Music Lessons

REASONS TO LEARN A MUSICAL INSTRUMENT



Boosts Focus & Memory

Concentrating on playing during lessons and practice helps to improve focus and attention span. Learning a musical instrument can also have a positive impact on working memory.

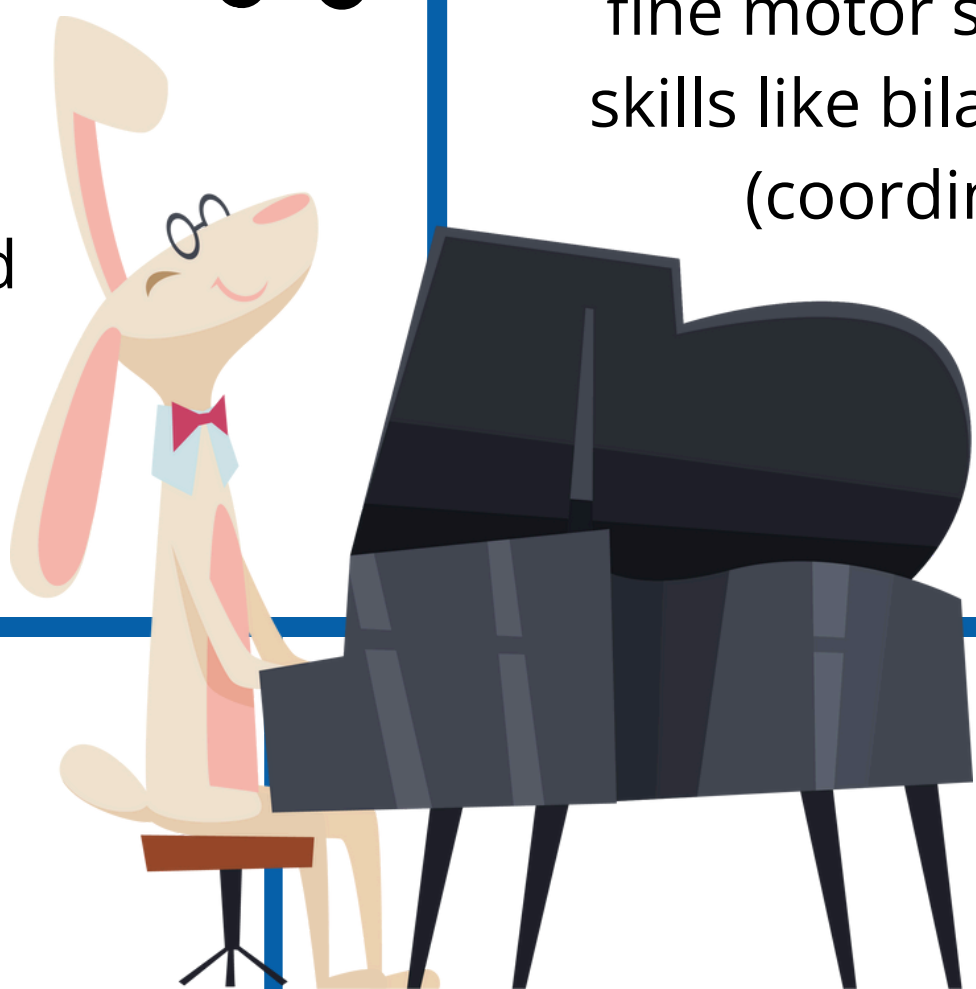
Encourages Creativity

Music is inherently creative, and learning an instrument can foster creativity by exploring meaning, interpretation, arranging, improvising, and composing.



Enhances Confidence

Setting and then achieving musical goals helps to build self confidence and self efficacy.



Improves Coordination

Learning an instrument improves fine motor skills, and gross motor skills like bilateral integration (coordination of both sides of the body), finger independence, and hand-eye coordination



Increases Aural Awareness

Learning a musical instrument improves active listening skills. Increasing aural awareness also contributes to better verbal memory.

Promotes Self Expression

Playing music helps to express emotions, experience a state of flow, and escape the pressures of life.



Builds Community

Playing and listening to music encourages connection, while developing a sense of belonging and community.