

10 Reasons you should take up a musical instrument

Chandlings



Learning to play a musical instrument has so many benefits – whether it's building your confidence, enhancing your memory or widening your social circle. Here are just ten reasons you should consider taking up an instrument this year!

1. Playing an instrument makes you smarter

"Life without playing music is inconceivable to me. I live my daydreams in music. I see my life in terms of music... I get most joy in life out of music" Alfred Einstein

Studies show a correlation between musical training and academic success, in both children and adults. Learning to play an instrument stimulates the brain, improving functions like memory and abstract reasoning skills, which are essential for maths and science.

2. Your social life will improve

Playing an instrument isn't only good for your brain, it's also great for expanding your social circle! Joining a musical group at any age encourages you to develop relationships with new kinds of people. It also builds skills in leadership and team-building, as well as showing you the rewards of working with others.

3. Playing an instrument relieves stress

Music keeps you calm. It has a unique effect on our emotions, and has even been proven to lower heart rate and blood pressure. Listening to music can have a tremendously relaxing effect on our minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones.

4. Playing an instrument gives you a sense of achievement

Playing and succeeding at a musical instrument gives you a huge sense of pride and achievement, especially when you manage to perfect a passage you've been struggling with for weeks.

5. It builds your confidence

Playing an instrument helps you get comfortable with self-expression. As children begin to master their instrument, they will probably end up playing to a few audiences starting with their music teacher or parents (Informal concerts!), and branching out to groups of other pupils and concert audiences. Playing in public can help children feel confident in presenting their work in a non-academic context.

6. Practising a musical instrument improves patience

There are no shortcuts to learning an instrument and you may not see much improvement over the first few months. The more effort you put into something, the better the result will be.

7. It helps improve your memory

Learning to play a musical instrument can enhance verbal memory, spatial reasoning and literacy skills. Playing an instrument makes you use both sides of your brain, which strengthens memory power.

8. It increases discipline and time management skills

Learning to play an instrument isn't a skill you can master overnight! Learning music takes time and effort, and helps children understand that if they want to be good at something, they'll need to put in the hours and organise their time effectively.

9. Playing music makes you more creative

Practising and perfecting a piece of music does wonders for the creative side of your brain. It is up to the player to put their own stamp on a piece, to inject some of their personality into the music.

10. Playing music is fun!

What matters most is that it's enjoyable for the player. While other hobbies like watching TV or flicking through social media are passive, playing music actively engages and stimulates the brain, making you feel happy and occupied!

Why not have a trial on an instrument and see how you get on? If you never try, you'll never know!

Please pick up a leaflet or speak to Mr Stratford if you'd like to have a go.