**How do children benefit from music and**

**performing arts lessons?**

Children naturally enjoy listening and singing along to the music around them, in all its many forms: nursery rhymes, jingles, rock, folk, classical... Music can also help in their development in many ways:-

* **Rhythm**

Clapping and marching in time; speaking and singing rhythmically – all contribute to children developing their own sense of rhythm. As they grow up, this (particularly with the added ability of being able to read music) can even help them understand such subject as mathematics! For example, learning things such as four quavers are played in the same time as one minim – fractions.

* **Singing**

Where to start?!

Breathing: Practising how to breathe more deeply increases lung capacity/greater oxygenation of the blood/releases endorphins (creating the ‘feel good factor’)/has a calming effect... Working on the breathing is the most important factor involved in good singing.

Confidence: It is well-known that singing helps to make both children and adults more confident and aids in overcoming shyness.

Language: Listening to, speaking and singing the simple words and rhyming patterns found in nursery rhymes are a wonderful way for children to start to develop their language skills. Adding appropriate actions to these, and other songs, enhances the learning process. Studies have demonstrated that children that have musical training at an early age have more developed language skills.

Listening: It is very noticeable that children quickly pick-up the need to try and sit still and focus on the teacher (or another child) to learn a new song – if only for a short period of time!

* **Emotions**

Children easily recognise different moods when listening to music. Music and Performing Arts lessons also offer children the perfect opportunity to express a variety of emotions in a safe environment: happiness/anger/moodiness/confusion...

* **Movement and Dance**

With or without music, children love expressing themselves through movement and dance, which is also an excellent way for them to develop body awareness. This in turn will compliment any sports activities they take part in, as well as contributing to good posture and a healthy body.

* **Sociability**

Making music with others: singing or playing instruments.

Group activities in Performing Arts sessions.

* **Teamwork**

Singing together: listening and blending with others or singing different lines.

Playing instruments together.

Performing Arts activities: complimenting others as well as concentrating on ones own performance.

* **CONCLUSION**

So how do children (and adults!) benefit from music and performing arts lessons?

Health benefits.

Confidence building.

Language development and brain stimulation.

Sociability and teamwork.

MAKES YOU HAPPY!!