

# HOW MUSIC LESSONS HELP KIDS



## ACADEMICS

Music lessons improve IQ, test scores, language skills, and even memory!

## EMOTIONAL & MENTAL HEALTH

Music calms us, and reduces stress and anxiety. Playing and listening to music gives kids a coping skill.



## TEAMWORK & SOCIAL SKILLS

Music lessons teach kids to cooperate and listen to each other. Group classes, choirs, bands, and instrument duets all build social skills!

## SELF-DISCIPLINE & PATIENCE

Learning to play an instrument or read music takes a huge amount of patience. Kids who take music lessons develop the skills of patience, hard work, and perseverance.



## LEARN HISTORY & CULTURE

A perfect way to introduce your kids to other times and places is to begin with their music.

## CREATIVE THINKING

Kids who learn to think creatively are much more able to find solutions to their own problems and find ways around any obstacles they encounter.

