
Any school can be a musical school

What if...



... a large number of scientific studies had found that there was one activity that could improve our cognitive function, help our memory systems to work, help us to learn language, help us to moderate our emotional states, help us to solve complex problems and help our brains to be healthier into later life?

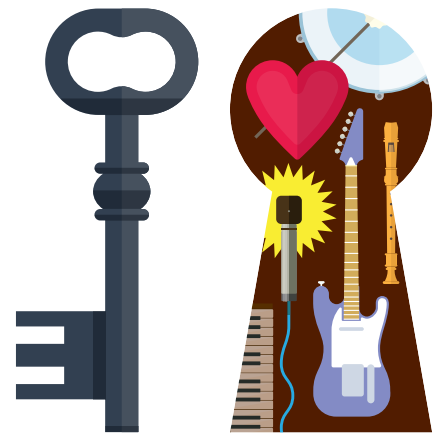
... that activity, while beneficial if undertaken at any time during our lives, was actually found by scientists to be most beneficial if it was undertaken before the age of seven?

What if that activity is music?

Dr Anita Collins
Academic, researcher and music education advocate



Unlocking your pupils' potential through music



Most people know that music is a 'good thing'. Research proves again and again that it is so important to children and young people's lives and futures.

Why?

Because music education ...

increases confidence and self-esteem
which has a knock-on effect in all areas of their life and learning

improves health and wellbeing
reducing stress, increasing a sense of wellbeing and happiness

provides important life and social skills
such as listening, concentration, working as a team

develops creativity and self-expression
helping young people to think differently and develop their power of imagination

improves cognition, literacy and numeracy

recent neuroscience research has shown that children who learn an instrument have higher levels of cognitive capacity, specifically in their language acquisition and numerical problem solving skills

can be the key to unlocking potential
particularly for young people who are strongly creative, or who struggle to engage with other areas of learning

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This resource was originally devised by Wiltshire Music Connect (Wiltshire Council) during its tenure as the Music Education Hub for Wiltshire.

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