



Think for the Future

# WOW Pack

## The Magic of Music

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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# Think about it: Music



Click on each of the music notes and listen to each song. How does it make you feel?



[www.youtube.com/watch?v=FGbhQbmPwH8](https://www.youtube.com/watch?v=FGbhQbmPwH8)



<https://www.youtube.com/watch?v=jgpJVI3tDbY>



<https://www.youtube.com/watch?v=OD3F7J2PeYU>

Different types of music makes us feel different things, music is connected to our moods.

Is the music you are listening to day to day helping the way you feel?

# Music

Music and sounds are everywhere in our lives and they affect us in ways that we may not even notice. From the sounds of traffic to the sound of bird song, do you really know how all of the sounds you hear impact your brain and even your learning?

Different styles of music can effect our moods, learning and brain development! But how can we utilise music and the affects it has to our advantage?

Music surrounds the entirety of my life. When I'm not performing, I'm listening. I have a different playlist for every kind of mood that I am in. I also try to use music references in a lot of my mentoring sessions. During these times of isolation everyone will begin to realise how important music is!



**Music can affect us in ways we may never even have thought about...**

**How many of the following did you know about music?**

## Music helps develop language and reasoning skills

The area of your brain that deals with language and reason also deals with music. Actively using that part of the brain keeps your skills sharp. The left side of the brain is better developed with regular musical training when you are young.

## Music improves memory

Playing or performing music can help improve our memory. Whether that is from learning lyrics or remembering notes to play, we are always using memory skills to perform!

## Increased coordination

Learning to play music is like playing sports. It can help improve hand-eye coordination. Music and sports both help develop our small motor skills when we are playing.

## A strong sense of accomplishment

Learning to master a new piece of music is a difficult but achievable goal. That could be learning to play or read music, or learning the lyrics of a new song. Even the smallest piece of music leaves us feeling proud.

## Music and the body

Research has shown that blood flows more easily when music is played. It elevates mood. Music also boosts the brain's production of the hormone dopamine, which is known as the feel-good hormone!

## Can improve our mental health

Music therapy is an intervention sometimes utilized to promote emotional health, help people cope with stress, and boost psychological well-being. Music can relax the mind, energize the body, and even help people better manage pain.

## Music helps us when we are struggling

Take a look at this video where music helped a young person to deliver a speech, something they never thought they would be able to do!

<https://www.youtube.com/watch?v=tgZfLImT2gM>

# 5 Ways Music Can Help Us



1

## Music can reduce stress and anxiety

The right music, usually with a slow tempo and low pitch can help people to feel calm even during highly stressful events! Both listening to and performing music can have calming effects.

## Music can improve our performance

Learning and performing music can improve our memory skills which is great for learning in school. Music can also help us prepare to perform in things like sports, listening to the right music to get us in the right mindset.

2

3

## Music can improve our sleep

Scientists have found that listening to classical or relaxing music within an hour of going to bed can improve our quality of sleep!

## Music helps us exercise

Listening to upbeat music while we exercise makes us perform better. The upbeat songs motivate us to keep going and work harder. It also means our bodies take in oxygen and use it more efficiently - all from listening to the right music!

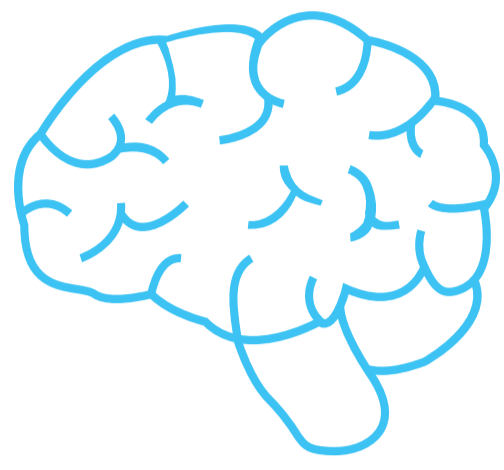
4

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## Music helps us get creative

Lots of people use music to help get their creative side flowing! That might be through dancing, drawing or even making music yourself. Music stimulates the creative side of our brain!

# Music Top Tips



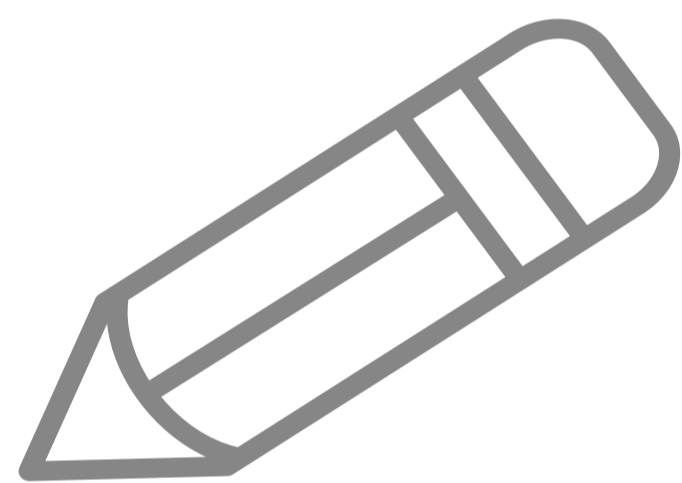
## Use music to help your memory

Try listening to a song whilst looking at and trying to remember 20 items. Then try and recall the items with and without playing the song. See if the song helped you remember more! This method could also help you when revising. Trying listening to a particular song whilst doing your history work.

## Make a music diary.

Music can have an affect on how we feel and on our mood. Have a listen to our mentor Kane explaining how to make a music diary and how that can help us!

<https://youtu.be/Uh8jMY6s8dl>



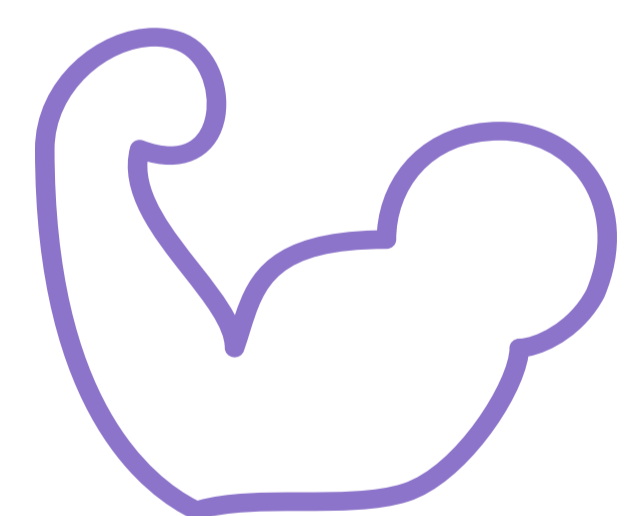
## Use how you are feeling

Whether you are feeling really happy or a bit down, write down how you're feeling to try and create some music!

*"I think any time I've ever got down or ever felt low the one thing that picks me up from that is writing a song about it. At least you've got a positive experience out of a bad experience." - Ed Sheeran*

## Find your music motivation

It can be hard to motivate ourselves when we don't have a clear plan for our day and we are spending lots of time at home. Find a song that you can play when you wake up in the morning that will get you motivated for the day ahead. Maybe even set it as your alarm!



## Try listening to something new

Sometime we think we already know if we are going to like something or not without even trying it. Take the time to listen to some new types of music - something you wouldn't normally pick- and take note of how it makes you feel. You might find something that helps you relax or helps you to concentrate that you didn't expect to!

## Find your relaxation music

During times when things can feel uncertain and we may feel worried, it is more important than ever to find and do things that make you feel happy and calm. Take some time to find some music that helps you relax.



# Take on the challenge!



What is your morning motivation song?

Find a song that gets you motivated for the day! Maybe it makes you want to get up and dance or do some exercise!

Send us your song or a video of how it motivates you!



Check out our mentor Alex getting us motivated for the day ahead with his song!

<https://youtu.be/havpwUWIWz4>



Share your morning motivation song with us!

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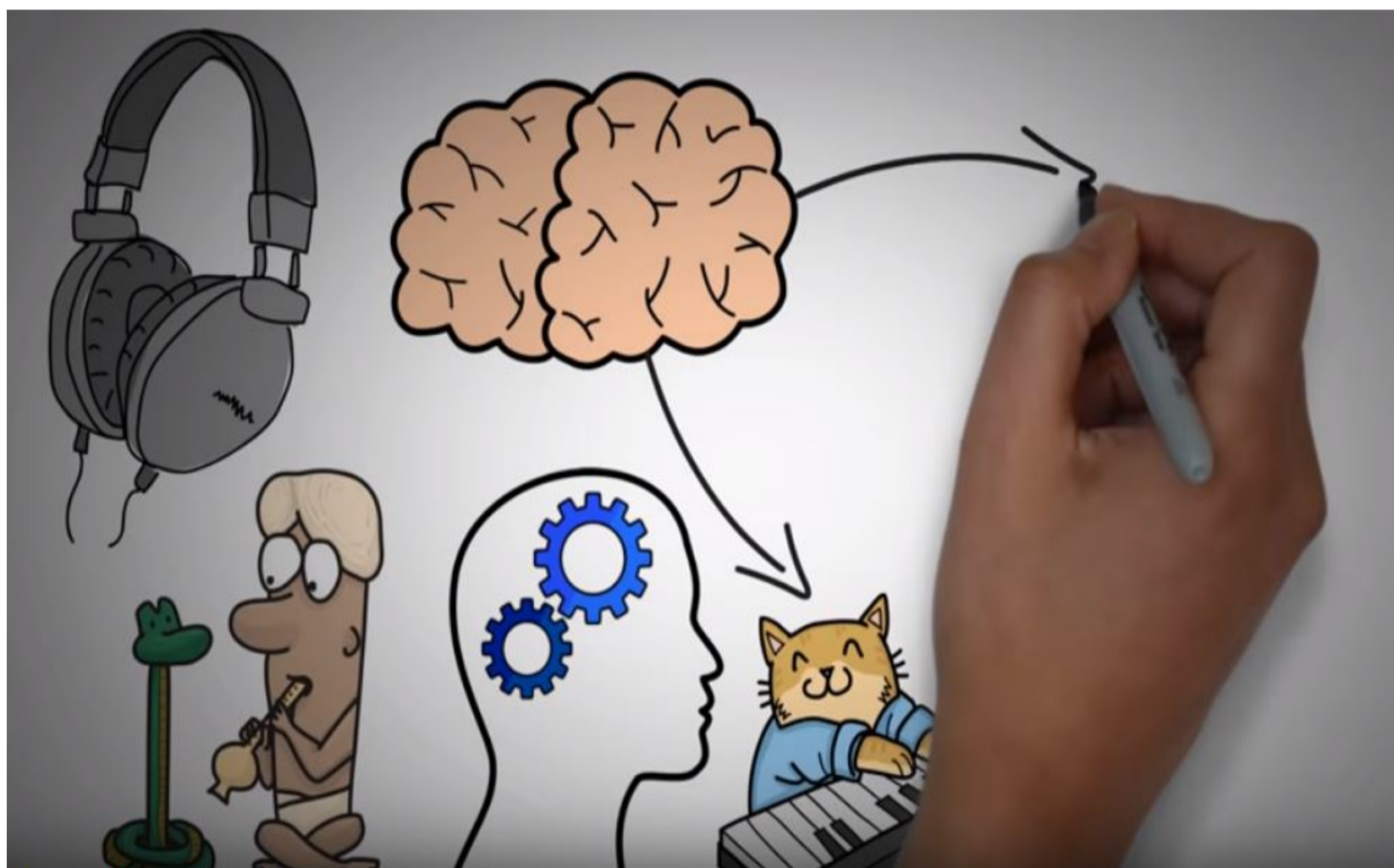
# Where else to look...



Click on the icons below!



<https://www.youtube.com/watch?v=hJDrpseUX8I>



<https://www.youtube.com/watch?v=kZJ8BfEu-P8>



**keoth**

