



How Playing an Instrument Benefits Your Brain

By Angela Henry, Director of Orchestras, Landstown High School
Edited by Kristin Baird, Florida Orchestra Teaching Artist

Supporting Lesson Plan:

Introduction- Activate Prior Knowledge

Class Discussion- Key Question

“Does being a musician help you in other parts of your life?”

- Teacher creates a visual of responses on Smart Board.

Watch TedED TedTalk- “How Playing an Instrument Benefits Your Brain”

https://www.ted.com/talks/anita_collins_how_playing_an_instrument_benefits_your_brain

Students will complete accompanying questions focusing on their understanding of information presented in the Ted Talk.

Students should be given time to process and apply their responses.

Exit Ticket (at end of class period)-

1. List one way you feel music benefits your life.
2. How can you, the students, promote the significance of music/arts to our educational leaders?

Learning Targets: Posted within the classroom; visually available for the entire length of class.

- Today I will process and gain an understanding of music and its educational significance.
- So that I can understand the benefits of music in my life, both scientifically and aesthetically.
- I will know I have it when I can explain how the brain is enhanced by playing an instrument.

Intermediate Orchestra, VBODA Performance Level 3-5 Virginia Standards of Learning

Cultural Context and Music Theory

IAD.22 The student will compare and contrast materials being studied in its historical and cultural context.

Aesthetics

IAD.24 The student will discuss relationships between music concepts and the concepts of other disciplines.

1. Identify how the characteristic qualities of sound, visual stimuli, other stimuli, movement, and human interrelationships can influence the fine arts.
2. Describe interrelationships between music and other disciplines.

IAD.26 The student will articulate expressive qualities of music.