



How Playing an Instrument Benefits Your Brain

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Website to access TED Talk video that accompanies this worksheet:

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

1 . Free write thoughts and questions as you watch. Include at least 2.

2. Which created more fireworks, listening to music or making/playing music?

3. _____ strengthens many of the brain functions all at once- including the visual, auditory and motor cortices.

Driving a car

Disciplined and structured practice of an instrument

Recalling facts

Running a race

4. The CORPUS CALLOSUM is the “bridge” between the two halves of the human brain. As music uses both sides of the brain, exercising the corpus callosum, musicians may be able to _____ both more effectively and creatively.

5. Circle one: Engaged / Decreased

In a randomized study, participants who were exposed to a period of musical study showed _____ in multiple brain areas.

