

## Chapter 1

### *Why do we learn music?*

We start with a big question, why music? What's the point of learning music, what do we achieve by playing music? Can you think of some reasons?

For early humans, music was a way to communicate. They would mimic the sound of animals or stomp rhythms to pass along valuable information. Maybe a warning of danger ahead, or to signal where food could be found. Many religious stories were passed down through song, allowing a variety of emotions to be expressed.

Later music became the centre of celebration. People would celebrate the changing of seasons, or the birth of a baby through song and dance. It allowed them to feel that they were a part of a community, something bigger than themselves.

That is still true today! Music allows us to communicate and find community.

Communication is more than just passing along information, it is sharing our thoughts and feelings with others. When we find that others agree with us or feel the same, we feel valued. We all need to feel valued to grow healthy and strong.

When we find people that think or feel that same way as us, we feel connected. This creates a sense of community. We see how we fit in and this gives us a strong sense of identity. Music allows us to be proud of who we are, so that we love ourselves and those around us.

When you express your thoughts and feelings through music, it can sound beautiful and captivating. It can inspire others to express themselves. Music can bring out new emotions in us, and teach us how to process our feelings. As we become more sensitive to our own feelings, we can become sensitive to the feelings of those around us.

In other words, music helps us understand ourselves and the world around us.

Learning music also makes us smarter. By learning an instrument, you develop your ears, your eyes, and your motor skills. The connections in your brain and your body get stronger, which means that by learning music you will be better in school and in sports.

Did we mention that it's fun! Playing music can be so much fun. Discovering new sounds on your instrument, playing along with your favourite band. Jamming with your family and friends. There is endless fun with music! Can you think of any other reasons we play music?