

10 Great Reasons to Use Music



1. ***Increase social contact.*** Music encourages social contact by putting people into a positive, relaxed mental state. Louder music can bring others close together if only they can hear each other better! Familiar, fun music puts groups into a social mood.
2. ***Prime students for learning.*** Prepare learners for upcoming tasks by selecting music to put them into a particular emotional state or by playing a song with content applicable lyrics (there are songs really about science, geography, math, etc)
3. ***Entrain emotional states of mind.*** When everyone in the audience hears the same piece of music over time, they often get into the same emotional state, mental rhythm, and frame of mind. Music creates a harmonic beacon for our bodies to follow.
4. ***Deliver key messages.*** Sometimes music can send a message to your students better than you can.
5. ***Provide a background for physical movements.*** Up tempo music playing the background prompts learners to move faster. When you want them to get up and perform a physical task, play a high energy song.
6. ***Evoke specific memories.*** Certain songs may remind listeners of what they were doing when they first heard that song. Other songs may invite the listener to evoke a new memory not previously associated with that song.
7. ***Energize a group.*** Fast music, or music with 100 to 140 beats per minute (BPM) is both stressful and energizing. Use it as a strategic tool to get students up on their feet and moving or busily working to meet a deadline.