## Did you know...

A musician's motor cortex (see diagram on other side) is larger than non-musicians'. The size of the motor cortex can change based on the instrument, for example, violinists have a larger right side motor cortex since they use their left hand more which is controlled by the right motor cortex. But pianists have a equally enlarged motor cortex on both sides of the brain since they use both hands.

There is also evidence that listening to music can benefit your brain and health too!

Head over to <u>scienceceilidh.com</u> to find out more about how playing music affects the brain

## Wellbeing Benefits

Playing an instrument can help to relieve stress and lower blood pressure.

There are also social benefits to playing an instrument. Joining a band can develop team working skills whilst also creating new friendships.

Check out our Singing Side by Side page to learn about how choirs can be mental health inclusive:

www.scienceceilidh.com/singing



How can playing a musical instrument benefit you?





Created by Rebecca Sharland **Visual and Sensory Cortex:** Your senses of hearing and sight are stimulated when playing an instrument. **Motor Cortex:** Musicians have larger motor cortices than non-musicians, playing an instrument involves fine tuning of motor skills.

Frontal Lobe:

Spending time

instrument is also

dedicating time to

concentration and so

by learning a musical

concentration will in

practising an

practising

instrument,

turn improve.

## Cerebellum:

Playing a musical instrument helps to improve your coordination.

> Temporal Lobe: Learning to play an instrument can improve your memory abilities, it can also help to preserve memory in older adults and reduce the risk of Alzheimer's Disease.