

19/267/7

PerformanceBest Practices

19/26

Performance

▲ 0–4950–8990–100

Success

By experiencing that practice and hard work is essential to reaching their goals, children will learn a very valuable life lesson.

Music is fun

Once children have grasped the basics of playing an instrument, they are likely to really enjoy playing it. Every song they learn is a personal achievement. If we encourage their skills by listening to them or even singing along, they will have a great time playing their instrument.

Music teaches them to focus and relieves stress

Playing an instrument or being in a musical class demands total attention. Because of this, music is a great stress-relieving tool that helps to calm the mind and enhance concentration.

Music helps to understand maths

Although they look very different, maths and music are actually quite similar. "When children learn rhythm, they are learning ratios, fractions and proportions," said Professor Gordon Shaw from the University of California, after his study of seven-year-olds in Los Angeles. It could be a great way of learning maths in an artistic way!

Music is a form of self-expression

As well as being a way of relieving stress, music could also help children to manage their feelings better by expressing them through language. It will give them the chance to externalize their emotion with the instrument they are playing.

Music can improve social skills

Music is often played in a group and, therefore, team-work skills are taught to all players work together harmoniously. In order to improve the show, attending rehearsals and practising is essential too. Working towards a single goal helps to enhance social skills.

"Children who take part in music develop higher levels of social cohesion and understanding of themselves and others," says Dr. Alexandra Lemonis, Lecturer in the Psychology of Music at the University of Keele.

Music can boost self-confidence

By improving their abilities with a specific instrument and achieving their goals, children can feel very satisfied and this can greatly improve their self-esteem. Taking risks and facing challenges is essential for a child in order to fully develop his or her potential.

METRICS

Expand view

Total Blocking Time

210 ms

Cumulative Layout Shift

0.033

Interaction to Next Paint

80 ms

View Trace

View Treemap



Show audits relevant to: All TBTCLSINP

DIAGNOSTICS

▲ Efficiently encode images — Error! ▼

▲ Serve images in next-gen formats — Error! ▼

▲ Use HTTP/2 — 18 requests not served via HTTP/2 ▼

▲ Image elements do not have explicit width and height ▼

▲	Minimize main-thread work	— 7.5 s	▼
	Serve static assets with an efficient cache policy	— 16 resources found	▼
○	Keep request counts low and transfer sizes small	— 99 requests • 679 KiB	▼
○	Avoid large layout shifts	— 1 element found	▼
○	Avoid long main-thread tasks	— 2 long tasks found	▼

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (19)

Show

7/7

Best Practices

PASSED AUDITS (7)

Show

NOT APPLICABLE (1)

Show

Captured at Jul 31, 2022, 2:08 PM GMT+1	Emulated Desktop with Lighthouse 9.6.1	Single page load
Initial page load	Custom throttling	Using Chromium 103.0.0.0 with devtools