



MUSIC AND OUR BRAINS

Cognitive Development

- Listening to or playing music engages several areas of the brain including:
 - Linguistics (Wernicke's and Broca's area)
 - Memory (Hippocampus, Temporal Lobe)
 - Attention (Prefrontal Cortex)
- Studies show that learning to play an instrument can improve cognitive abilities
 - Including tasks like: problem-solving, spatial reasoning, and reading skills
- Music can also be a tool to help people concentrate better
 - For example, playing classical music or more commonly Lo-Fi hip hop beats

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