



Benefits of Freenotes to Schools

WHAT ARE FREENOTES INSTRUMENTS?

Freenotes Harmony Park Instruments are real pentatonic scale instruments designed for improvisational play to encourage learning music, rhythms and patterns in a way that allows success for every player.

They can ignite a spark in a person that facilitates interest in taking music lessons through assured success in a spontaneous atmosphere.

Our instruments are ACCESSIBLE, AFFORDABLE and ENGAGING. They give kids access to music in a way they can't get in any classroom setting.

"Music is the electrical soil in which the spirit lives, thinks and invents." --Ludwig van Beethoven

Our instruments engage the WHOLE CHILD: the child's desire for language, the body's urge to move, the brain's attention to patterns, the ear's lead in initiating communication, the voice's response to sounds, as well as the eye-hand coordination associated with playing musical instruments. (www.musikgarten.org)

WHY MUSIC IS IMPORTANT TO SCHOOLS and child/youth development

The Brain and Creativity Institute found that musical experiences in childhood can actually accelerate brain development, particularly in the areas of language acquisition and reading skills.

The National Association for Musical Education gives this list of **20 important benefits of music in our schools:**

1. Music helps develop language and reasoning
2. A mastery of memorization
3. Students learn to improve their work
4. Increased Coordination (just like playing sports, children can develop motor skills by playing music)
5. As sense of achievement
6. Kids stay in school (student musicians are more likely to stay in school)
7. Success in society (students playing music are less likely to abuse substances over their lifetime) *A 2007 poll found that 88% of all post-graduate students in college and 83% of all people earning \$150,000 or more had extensive music training. Poll, November 14, 2007 Reuters, Ltd.*
8. Emotional development (higher self esteem and better at coping with anxiety)
9. Students learn pattern recognition (developing math and pattern recognition skills)
10. Better SAT scores: *According to the National Association of Music Merchants Foundation (NAMM), learning to play an instrument can improve mathematical learning and even increase SAT scores.*
11. Fine-tuned auditory skills: "Speech and music have a number of shared processing systems. Musical experiences which enhance processing can therefore impact the perception of language which in turn impacts on learning to read." Susan Hallam, **Institute of Education University of London**
12. Music builds imagination and intellectual curiosity
13. Music can be relaxing (students can fight stress by learning to play music)
14. Musical instruments can teach discipline
15. Preparation for the creative economy (preparing students for the 21st century workforce)

16. Development in creative thinking
17. Music can develop spatial intelligence (which is helpful for advanced mathematics and more)
18. Kids can learn teamwork
19. Responsible risk taking
20. Better self-confidence (encouragement from teachers and parents can build pride and confidence)

Johns Hopkins School of Education says that Music helps us learn because it will--

- establish a positive learning state
- create a desired atmosphere
- build a sense of anticipation
- energize learning activities
- change brain wave states
- focus concentration
- increase attention
- improve memory
- facilitate a multisensory learning experience
- release tension
- enhance imagination
- align groups
- develop rapport
- provide inspiration and motivation
- add an element of fun
- accentuate theme-oriented units



HOW BEING OUTSIDE ENHANCES LEARNING

Nature is important to children’s development in every major way—intellectually, emotionally, socially, spiritually and physically (Kellert, 2005).

Wild Adventure Space (UK)

Literature Review by Penny Travlou, OPENSspace Research Centre (2006)

"Experience of the outdoors has the potential to confer a multitude of benefits on young people’s physical development, emotional and mental health and well being and societal development. Mental health and well-being benefits from play in natural settings appear to be long-term, realized in the form of emotional stability in young adulthood."

A Review of Research on Outdoor Learning

by Mark Rickinson et al. Field Studies Council, 2004 on *The impact of school grounds/community projects*. School grounds have the capacity to link with most curriculum areas. Two specific examples of benefits stemming from this are positive gains in science process skills and improved understanding of design and technology-related issues. In the affective domain, the most important impacts of learning in school grounds include greater confidence, renewed pride in community, stronger motivation toward learning, and greater sense of belonging and responsibility.

WHY INSTRUMENTS SHOULD BE PUT IN OUTSIDE AREAS

Naturelearning.org wrote an article called ***Why Focus on Outdoor Learning Environments?*** It affirms why Freenotes Instruments should be in every outdoor learning environments by sighting the following benefits:

- Supports creativity and problem solving.
- Enhances cognitive abilities. Being outside increases children’s ability to focus and enhances cognitive abilities (Wells, 2000).
- Improves academic performance.
- Reduces Attention Deficit Disorder (ADD) symptoms.
- Increases physical activity.
- Improves eyesight. More time spent outdoors is related to reduced rates of nearsightedness, also known as myopia, in children and adolescents (**American Academy of Ophthalmology, 2011**).
- Improves social relations. Children will be smarter, better able to get along with others, healthier and happier when they have regular opportunities for free and unstructured play in the out-of-doors (Burdette and Whitaker, 2005).
- Improves self-discipline.
- Reduces stress.

The National Association for the Education of Young Children (NAEYC) in the article *Quality Outdoor Play Spaces for Young Children* sites a Music and movement—acoustic play area as an imperative part of any outdoor play space. They state that “An outdoor play space can include an area with marimbas, log drums, rain sticks, chimes, and other instruments. Such an area inspires children to explore natural sounds in the environment, make loud music, compose music individually and collaboratively, and move expressively.”

WHY IMPROVISATIONAL IMAGINATIVE PLAY IS IMPORTANT THROUGH FREENOTES:

The Illinois Early Learning Project states that spontaneous play occurs when children do an activity freely. Spontaneous play is different from enrolling children in little league or signing them up for dance lessons. Children benefit most from a balance of activities adults plan and lead and activities that children plan and lead on their own.

Marie Hartwell-Walker, Ed. D. wrote *The Benefits of Play* and sites that 75 percent of the brain develops after a baby is born, in the years between birth and the early 20s. Childhood play stimulates the brain to make connections between nerve cells. This is what helps a child develop both gross motor skills (walking, running, jumping, coordination) and fine motor skills (writing, manipulating small tools, detailed hand work). Play during the teen years and into adulthood helps the brain develop even more connectivity, especially in the frontal lobe which is the center for planning and making good decisions. (Freenotes taps into brain development at ALL ages.) She also states that play develops the brain’s executive function. Executive function refers to the mental skills that allow us to manage time and attention, to plan and organize, to remember details, and to decide what is and isn’t appropriate to say and do in a given situation. It’s also what helps growing children learn to master their emotions and to use past experiences to understand what to do in the present. These are the skills that are central to self-control and self-discipline. Kids who have a well-developed executive function do well in school, get along well with others, and make good decisions.

WHY COLLECTIONS of FREENOTES INSTRUMENTS ARE IMPORTANT:

"Music brings people together. Through music, children take an inner experience and move it into a shared creative experience. Group music-making releases energy which can be channeled in creative, productive directions. Children learn about themselves and others by playing music together and by listening to each other — tapping into hidden courage that can be played out by singing together or discovering the inner resources to listen quietly to another child's playing." Judi Bosco, Board Certified Music Therapist