

# TEACHER TO TEACHER

*across the world*



**Please don't stop the music!**  
– the impact of music on the brain

Laura Lagos



*lessons for teens*



## Can you guess which word is missing in these idioms?



I've got a \_\_\_\_\_ like a sieve.

**A. HEAD**



I'm racking my \_\_\_\_\_(s).

**B. BRAIN**



I've had this topic on the \_\_\_\_\_ all week long.

**C. MEMORY**

## Can you guess which word is missing in these idioms?



I've got a **BRAIN** like a sieve.



I'm racking my **BRAINS**.



I've had this topic on the **BRAIN** all week long.





## Which activity makes the brain light up like this?



A. playing  
golf



B. playing a  
musical instrument



C. playing chess

# Which activity makes the brain light up like this?



B. playing a  
musical instrument



## Draw a table

What you know	What you learnt	Questions you still have



## True or False?

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1. When you play a musical instrument the left hemisphere of your brain doesn't work as much as the right hemisphere.
2. Music can help us exercise more efficiently.
3. Listening to music has the same impact on our brain as playing a musical instrument.
4. The more you practise playing a musical instrument, the stronger certain brain functions get.
5. Playing a musical instrument benefits your memory.

## True or False?

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1. When you play a musical instrument the left hemisphere of your brain doesn't work as much as the right hemisphere. **FALSE**

**Why?** Music listening and performance engage nearly every area of the brain.

2. Music can help us exercise more efficiently. **TRUE**
3. Listening to music has the same impact on our brain as playing a musical instrument.

**FALSE**

**Why?** While listening to music engages some interesting brain regions, playing a musical instrument is the brain's equivalent of a full body workout.

4. The more you practise playing a musical instrument, the stronger certain brain functions get. **TRUE**
5. Playing a musical instrument benefits your memory. **TRUE**

## Complete the sentences with the phrases below.

1. Playing a musical instrument is \_\_\_\_\_ activity in terms of brain engagement.
2. You are never \_\_\_\_\_ to start learning a musical instrument.
3. Musicians are likely to solve problems \_\_\_\_\_ .
4. When playing a musical instrument the left hemisphere is \_\_\_\_\_ as the right hemisphere.
5. Other activities, such as doing sports, have proved to be \_\_\_\_\_ taking into account the number of brain areas that get involved simultaneously.

a. less demanding

b. more effectively

c. the most complex

d. as engaged

e. too old

## Check out the answers:

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1. Playing a musical instrument is **\_the most complex\_** activity in terms of brain engagement.
2. You are never **\_too old\_** to start learning a musical instrument.
3. Musicians are likely to solve problems **\_more effectively\_** .
4. When playing a musical instrument the left hemisphere is **\_as engaged\_** as the right hemisphere.
5. Other activities, such as doing sports, have proved to be **\_less demanding\_** taking into account the number of brain areas that get involved simultaneously.

# Quiz Question!

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**Do you know what song is considered the most uplifting by neuroscientists?**

**Can you guess?**

- a. *Bad Guy* by Billie Eilish
- b. *Don't Stop Me Now* by Queen
- c. *Happy* by Phrarrell Williams





Queen Elizabeth II

# QUEEN



**Freddie Mercury** – the leader  
of the British rock band **Queen**

**120,000 people**  
attended their last concert



# 10 songs supporting the world through lockdown



Radio presenters from 100 cities, across 40 countries have drawn up a list of top 10 songs that uplift people during lockdown.

What would be on your list?

# Let's draw up our own TOP 10 list!



## The most uplifting songs!

What is the song that makes you feel really happy?



Go to: [padlet.com/lagos\\_laura/f8yktwxzj8bzthel](https://padlet.com/lagos_laura/f8yktwxzj8bzthel)

A large, faint, light gray fingerprint pattern is visible in the background, spanning across the top and right sides of the slide. A solid red horizontal line is positioned near the top of the slide.

# **Time to revise!**



## Draw a table

What you know	What you learnt	Questions you still have

# Do you remember the three brain idioms?

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## Do you remember the three brain idioms?



I've got a **BRAIN** like a sieve.



I'm racking my **BRAINS**.



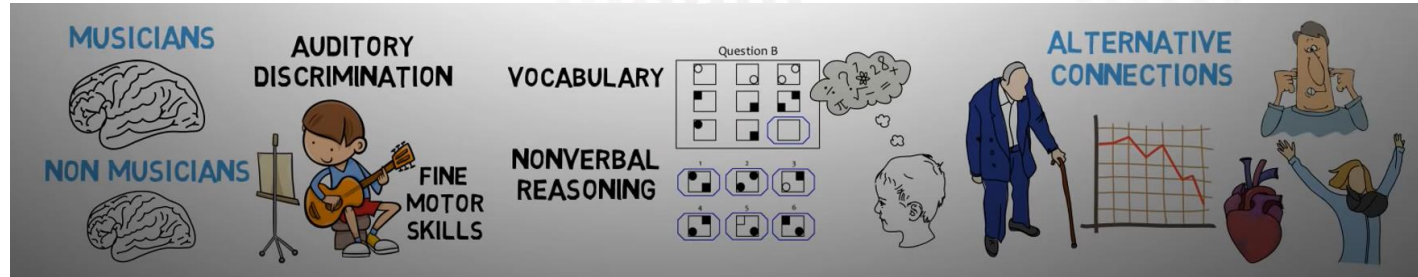
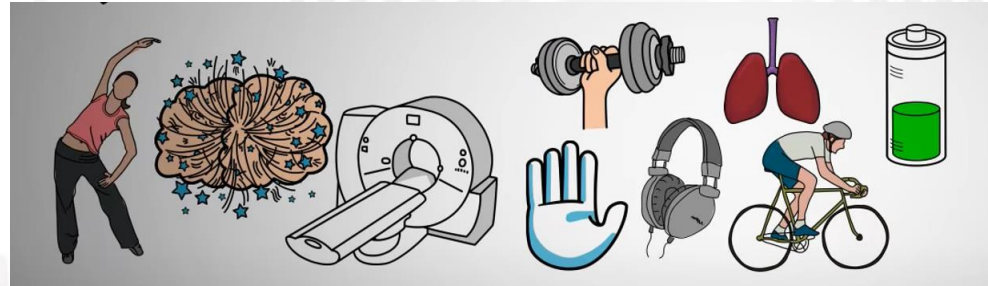
I've had this topic on the **BRAIN** all week long.

## Which parts of your brain are active when you listen to music?

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# How does music impact on our brain?





# What's the connection between the band Queen and 2020 lockdown?



Freddie Mercury

## Draw a table

What you know	What you learnt	Questions you still have

**Thank you!**