



# TED Lesson: How playing an instrument benefits your brain

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[https://www.ted.com/talks/anita\\_collins\\_how\\_playing\\_an\\_instrument\\_benefits\\_your\\_brain/](https://www.ted.com/talks/anita_collins_how_playing_an_instrument_benefits_your_brain/)

## Warm up:

1. Can you play a musical instrument? If yes, what can you play?
2. What kind of music do you enjoy? Don't enjoy?
3. If you could play any musical instrument well, what would you choose?

## Vocabulary:

Fireworks

Motor skills

Precise

Hemispheres

Neuroscientists

Simultaneous

Melody and rhythm

Aesthetic

Intricate

Cognitive function

Auditory

Enhancement

## Comprehension:

1. What machines do neuroscientists use to understand people's brain activity?
2. Playing musical instruments is equivalent to doing what?
3. What's the difference between listening to music and playing music?
4. What are the benefits of playing musical instruments?
5. Summarize the video.

## Discussion Questions:

1. If you could play any musical instrument well, what would you choose?
2. Would you rather be a good singer, master instrumentalist, for a good dancer?
3. When do you enjoy listening to music? How does it make you feel?
4. Have you ever been to a concert? If yes, please provide details.
5. How has music changed over the years? Do you think popular music has gotten better or worse?
6. If you could meet any musician (dead or alive), who would you meet and why?