

OrchLab

Encouragement

Enjoyment

There is no 'right' or 'wrong' way of making music – it doesn't matter!

Fun

Safety

Non-judgemental

To express yourself

It lifts the mood

It helps with regulation of emotions

It can make us both sad and happy and help us to deal with and understand these emotions

It has emotional power

It is evocative and can bring back memories that we otherwise wouldn't think about

Why Do We Make Music?

Therapeutic

Flow state

It takes you out of reality – getting lost in the music

Listening skills

Learn musical skills

Confidence building

Knowledge – for example musical instruments

Creative choice

Different sounds

Empowerment

It's a form of non-verbal communication

Taking part

When we make music together we are a TEAM

It's something we can do together or as individuals

Working in a group can help with social skills

It's something that we can do democratically

Once one person starts doing it, others want to join in!