

# Inclusive Creative Education

Leveraging Music to Cultivate Imaginative Teaching  
and  
Promote Wellbeing and Learning Across Abilities



# The aim of today's session

How music can:

- Enhance Cognitive Abilities
- Foster Creativity and Imagination
- Promote Inclusive Learning Environments
- Facilitate Social and Emotional Benefits
- Create a sense of Wellbeing



# Why is Music such a successful tool for teaching children of all abilities?

- Sense of community
- Creates a level playing field – don't need to be good at music in order to create music
- Universal language – music crosses all borders of communication
- Engaging
- Motivating

# Why is Music such a successful tool for teaching children of all abilities?

- Sensory – hear and feel sound through vibration
- Builds self-esteem
- Self-expression
- Self-worth
- Self-regulation



# Enhance cognitive abilities

Music has been shown to stimulate various cognitive functions.

Can you think of a few?

- language
- attention
- problem-solving skills
- motivation
- memory recall



# Enhance cognitive abilities

Journal of Experimental Psychology:  
Learning, Memory, and Cognition  
1994, Vol. 20, No. 6, 1471–1485

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0278-7393/94/\$3.00

## Memory for Music: Effect of Melody on Recall of Text

Wanda T. Wallace

The melody of a song, in some situations, can facilitate learning and recall. The experiments in this article demonstrate that text is better recalled when it is heard as a song rather than as speech, provided the music repeats so that it is easily learned. When Ss heard 3 verses of a text sung with the same melody, they had better recall than when the same text was spoken.



# Enhance cognitive abilities

Music is one of the most complex and demanding neurological tasks for the human brain (Zatorre, Chen, & Penhune, 2007)



# Enhance cognitive abilities

Imaging studies have revealed a complex bilateral network of cortical and sub-cortical structures are involved in the processing of music. This includes the frontal, temporal and parietal lobes, limbic and paralimbic structures, and the mesolimbic pathway that is associated with the dopaminergic reward system (Särkämö, Altenmüller, Rodríguez-Fornells, & Peretz, 2016).





# Enhance cognitive abilities

The magic of 1 2 3 4

Body Percussion  
&  
Math



# Foster creativity and imagination

- Music is creative in its essence
- Music encourages self-expression and imagination
- Music and story telling
- You don't need to be a musician



# Foster creativity and imagination

- Music provides a unique platform for students to explore and communicate, eg providing choice of song or instruments
- Through improvisation, composition, and musical interpretation, you can inspire creativity and create a REAL sense of achievement.
- Your turn to improvise    WOOHOOO !!!







# Music is inclusive in its nature



# Promote inclusive learning environments

Music transcends linguistic and cultural barriers, making it an inclusive and accessible medium for students with diverse backgrounds and abilities.





# Promote inclusive learning environments

By embracing music as a universal language, educators can create learning environments that celebrate diversity and cultivate a sense of belonging among all students.



# Promote inclusive learning environments

Music from around the world

You teach us

I'll teach you



# Facilitate social and emotional benefits

- Music has the power to evoke emotions and foster interpersonal connections, making it an invaluable tool for promoting social and emotional learning (SEL) skills.
- Through collaborative music-making activities and group performances, teachers can cultivate cooperation and resilience among their students.

# Facilitate social and emotional benefits

- Can you think of a time when music has evoked an emotional response in you? (groups)
- Can you think of a time when music has brought you together with others? (groups)





# Facilitate social and emotional benefits

- Studies have shown that synchronized musical games promote prosocial behavior (Tomasello & Kirschner, 2010)

Our students can learn to work together as an orchestra does:

- listening carefully,
- making adjustments,
- synchronizing toward something much bigger than the sum of its parts.

# Facilitate social and emotional benefits

Can you think of a time when you've used music to emotionally regulate a student?





# Create a sense of wellbeing



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# Create a sense of wellbeing

Current evidence supports the use of music interventions to reduce agitation, stress, anxiety and distress, and increase positive moods and social engagement in a broad range of populations

(Bruscia, 2012; Forsblom, Laitinen, Särkämö, & Tervaniemi, 2009; Magee et al., 2011; Tseng et al., 2016).

# Create a sense of wellbeing

Playing with sound





# Create a sense of wellbeing

Drums & Singing

Gongs - Singing bowls - Bells

Didgeridoo

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Your turn  
to feel the positive effects  
of music



# Attention is Fundamental in Learning

Individuals with neurodevelopmental delays frequently present with attention deficits, resulting in an impaired ability to focus and integrate sensory information present in the environment.



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# Attention is Fundamental in Learning

## ENGAGE      ENGAGE      ENGAGE





## With No Fear

- Use music as your educational medium
- embrace the most powerful medium gifted to us on this planet
- Use rhythm, voice, percussion, electronic music, vibration, etc



# Questions / Tell us your learning from today







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