Benefits of learning music

Confidence & Wellbeing

- Performing and progressing builds real, visible confidence — something children carry well beyond the music room
- A regular creative outlet supports emotional wellbeing and gives children a healthy way to unwind

Brain Development & Learning

- Music has been linked to improved memory, concentration, and problem-solving skills
- Reading music and coordinating rhythm strengthens focus and discipline that transfers into other subjects

Did you know learning an instrument engages both sides of the brain at once?

Social Skills & Teamwork

- Group lessons teach children to listen, collaborate, and support one another
- Playing alongside peers builds patience, turn-taking, and communication skills
- It's a chance to make friends with shared interests outside the regular classroom dynamic

A Skill for Life

- Music is a skill children carry with them long after school — for enjoyment, for exams, and even into adulthood
- Early progress makes it easier to keep learning, continuing now builds on what they've already achieved
- It opens doors to bands, orchestras, and new performance opportunities as they grow

Why learn with NMPAT?

- Trusted by schools for over 50 years
- High-quality music tuition from our expert teachers who are also active performers
- Performance opportunities & holiday courses
- FREE instrument hire included (most instruments)



NMPAT
Northamptonshire Music and Performing Arts Trust

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