The importance of music

Music enriches children's lives and offers opportunities to learn, create, and connect.

Learning to sing or play an instrument brings together listening, attention, coordination, and imagination. It also gives children opportunities to work toward goals, express their ideas, and experience the satisfaction of making progress.

Music education develops music knowledge and skills, while music therapy uses music within a therapeutic relationship to address individual needs and goals.

FIVE WAYS MUSIC HELPS CHILDREN GROW

1 Listening and Communication

Singing, playing instruments, and making music with others gives children space to listen closely and respond to one another. In music therapy, these experiences can be adapted to address individual communication goals, including expressing preferences and participating in interactions.

2 Emotional Expression and Well-Being

Music provides ways to explore and express feelings through songs, sounds, and movement. Music therapists may use these experiences to help participants work toward goals related to emotional expression, coping, and managing stress.

3 Imagination and Curiosity

Exploring instruments, creating melodies, and discovering different styles of music invite children to experiment and make their own artistic choices. Music encourages them to ask questions, try new ideas, and explore the world around them.

4 Connection and Teamwork

Making music together gives children opportunities to share ideas, take turns, listen to others, and contribute to a common goal. Lessons, ensembles, and group music therapy sessions can provide meaningful opportunities for participation and connection.

5 Confidence and Perseverance

Learning a challenging piece, trying something unfamiliar, or sharing music with others gives children opportunities to work through difficulties and face their accomplishments. Supportive instruction and encouragement help make room for both mistakes and progress.

Every child deserves access to music and the opportunities it can provide.



Making Music Accessible

Many children face barriers to musical opportunities because of financial need, limited resources, or a lack of accessible programs.

The National Arts Education Status Report, released in 2022 and based on 2018-2019 school data, estimated that 3.6 million students in U.S. public schools lacked access to music education, and 2.1 million lacked access to any arts education.

Even when schools offer music programs, the costs of instrument purchases or rentals, repairs, sheet music, and lessons can make participation difficult for families.

The Farina Foundation helps remove these barriers by providing instruments and supporting opportunities in music education and music therapy. Through our Play-It-Forward program, instrument donations, and community partnerships, we help bring music to children in schools, healthcare settings, and programs serving children both with and without disabilities.

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MUSIC EDUCATION | MUSIC THERAPY