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# The Benefits of Drumming in Early Development and Education

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The value of music in childhood development is often underestimated. Kids who are involved in drumming, for example, learn to focus their attention and effort on one activity. This improves a children's abilities to concentrate and stay focused. Studies reveal that playing a percussion instrument strengthens skills in math and science.

Drumming teaches children about material science and the science of sound. Beginning as early as first grade, students have the ability to understand that every material (wood, metal and drum heads) have their own capacity or ability for vibration. Drumming teaches young students that sound occurs through vibration. As students get older, they can learn and understand more about the science behind drumming. Tuned percussion instruments such as a piano, afford children the opportunity to learn about frequency, intervals and harmony. (<http://cmeaston.org/wp->

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Math skills are improved by drumming because drumming teaches early elementary students how to count. Drumming helps with basic counting and learning to count in cycles. Both are fundamental parts of drumming. Drumming and other percussion instruments also teach middle school/elementary school age students fractions. The mathematics behind frequency, intervals and harmonics are also introduced.

Drumming also helps with overall brain development by stimulating the left and right sides of the brain simultaneously. Children have to use different parts of their brains to listen to the music around them, to instruct their bodies to move and create, and to understand a rhythm or to create their own. Playing music develops analytical processes on the left side of the brain and creativity in the right side of the brain. Increased networks between the left and right brain form thick fibers that interconnect the two brains.

Drumming is not only beneficial to children's mental health and development, it's also great for helping children develop physical fitness. Drumming increases heart rate and blood flow. Because of this, drumming teaches students about their bodies. The entire body is used while drumming, especially the fingers, hands, wrists, elbows, arms, shoulders and legs. Children also gain a better understanding of the

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rhythms of their own bodies. The heart has its own steady rhythm needed to keep the body functioning properly and breathing often involves that rhythm, too.

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