



Music *at* heart

more than just music lessons

But what if I'm not musical?

You don't have to be an accomplished musician to help your child get the most out of Music at Heart, you just have to be willing to give it a go and enjoy!

When your child sees you relaxing, and enjoying yourself, s/he will want to share and do the same, and be more involved and engaged

Are you a reluctant musician?

- maybe you'd prefer to watch rather than join in
- maybe you think you'll feel self-conscious, or worry you'll get things wrong

Music at Heart will help you feel safe to be involved

- You will soon forget yourself and get carried along with the flow
- You will soon find that you are having fun

Let's be positive...

- You **are** musical - you are much more musical than you might think
- We **all** have musical instincts and skills

Being 'musical' isn't just about playing an instrument

- The way you shape your sentences when you talk is all about musical phrasing, patterns and structures you learned before birth

Perhaps you are unsure about your melodic skills or sense of pitch

- Research suggests that everyone has a very acute sense of pitch

If you feel you are 'tone deaf' it's possible that you just didn't learn to connect meaning and melody at an early age – keep trying! Practice makes things easier, and supported by the strong lead of the teacher, and in camouflage with those around you, you'll be surprised at how quickly you get better and more confident.

Maybe someone once told you that you weren't musical or couldn't sing

It doesn't take much for someone to shake our confidence in our abilities, especially when we're young - a throwaway comment can have a long-term effect

Many adults haven't explored even a fraction of their musical potential

It doesn't mean they're unmusical; it means they haven't seen a glimpse of the 'musician inside'

Music at Heart will encourage you and help you develop it and enjoy it

Music at Heart will reawaken the freedom and creativity you had as a child

Accept that you are musical

Remember that every great musician started as a beginner!