

**TIP SHEET #4:**

## **Friends Are Made By Music**

- 1. At a new school? Join the band, orchestra, or choir to meet new people.**
  - Start your home in the music room at school
  - A safe place to be where you feel less alone
  - Make your first new friends in an easy and fun way
  - Learn to read and become sensitive to “body language” and eye contact
  - You get to be loud instead of always being shushed up by teachers.
  
- 2. You are part of a team that creates something together.**
  - Work, learn, and play with friends
  - Get feedback from others and learn it’s not personal
  - Your contribution has value even if you don’t have the biggest part
  - Your self-confidence soars when you step out of your comfort zone, make mistakes, then learn from them in rehearsal
  - Travel with friends to far-away and local places.
  
- 3. Form a “Music Team” to surround yourself.**
  - Parents, aunts, uncles, cousins support and encourage you
  - Fellow musicians in school and in your neighborhood
  - Adults at church, temple and school
  - Neighbors might have unused instruments in their closets to loan to you.
  
- 4. You learn determination and focus that carries on to “real life”.**
  - Learning new music teaches you to solve problems, learn new skills, concentrate and “think out of the box”
  - Your dedication leads to your feelings of accomplishment
  - Practicing in a group teaches that your actions affect other people
  - Being on time for rehearsals and performances teaches respect and dedication.