

THE BENEFITS OF SINGING, by John Dabell

Nurturing school environments are significant contributors to the health and well-being of pupils and according to research by **Rickson, Reynolds and Legg (2018)**, group singing is:

1. a fun and enjoyable activity that is motivating, equalising and accessible
2. elicits positive emotions and engenders a strong sense of connectedness with friends and teachers
3. energising and gets children moving and dancing
4. something that distracts children from negativity, improves their mood and helps them to feel safe, calm and comfortable
5. an activity that stops children feeling "stressed out"
6. a purposeful and meaningful activity that can be empowering
7. an opportunity to give their brains a rest
8. a source of passion, ambition and inspiration
9. helps children feel better about themselves and helps them feel ready to learn
10. provides children with a strength that they can build on giving them confidence and feelings of pride
11. an activity that gives them a sense of achievement
12. helps improve or maintain learner well-being, especially in times of crisis

If you want children to feel happy, joyful, boosted, energetic, bouncy, excited, fantastic and awesome then singing is your solution.

Getting children singing during **challenging periods of the year** (e.g. SATs) can also do them the world of good because it is a healthy release and can yield great results. Singing can:

- improve mood
- reduce stress
- lessen anxiety
- reduce depression
- improve memory
- improve cognitive performance
- ease pain
- provides comfort



Ella Fitzgerald once said, "The only thing better than singing is more singing," and I don't think we can argue otherwise given its physical and physiological benefits, social benefits, psychological benefits and spiritual benefits. Singing is a powerful **medicine** and it's a spoonful all children should be taking every day. It might have gone out of fashion but the **daily singing assembly** could be just the thing to ensure that your school community is in fine voice and in fine fettle.

Singing and music-making are the **ultimate health boost** because they promote connectedness, improve emotional intelligence, contribute to mental health and foster spiritual well-being. It's great therapy for the soul and you can actually **sing yourself better**. Singing doesn't have to cost a penny and could be the most effective way of addressing **mental health** issues in schools.