

# MUSIC LEARNING HELPS SOCIAL BEHAVIOURS

## HELPING BEHAVIOURS



Music learning assists in the development of **helping behaviours**<sup>1</sup>

## SHARING BEHAVIOURS



Music learning assists in the development of **sharing behaviours**<sup>1</sup>

## EMPATHY



Music learning helps create higher levels of **empathy**<sup>2</sup>

## ETHICS



Music learning helps to develop strong **social and community ethics**<sup>5</sup>

## WELLBEING



Music learning improves levels of **psychological wellbeing**<sup>3</sup>

## DEPRESSION



Music learning helps create a higher capacity to manage **depression or depressive periods**<sup>6,7</sup>

## INTEGRATION



Music learning assists migrant children with **acculturation and integration**<sup>4</sup>

## IMMUNE HEALTH



Music learning improves **immune health**<sup>8</sup>

### REFERENCES

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