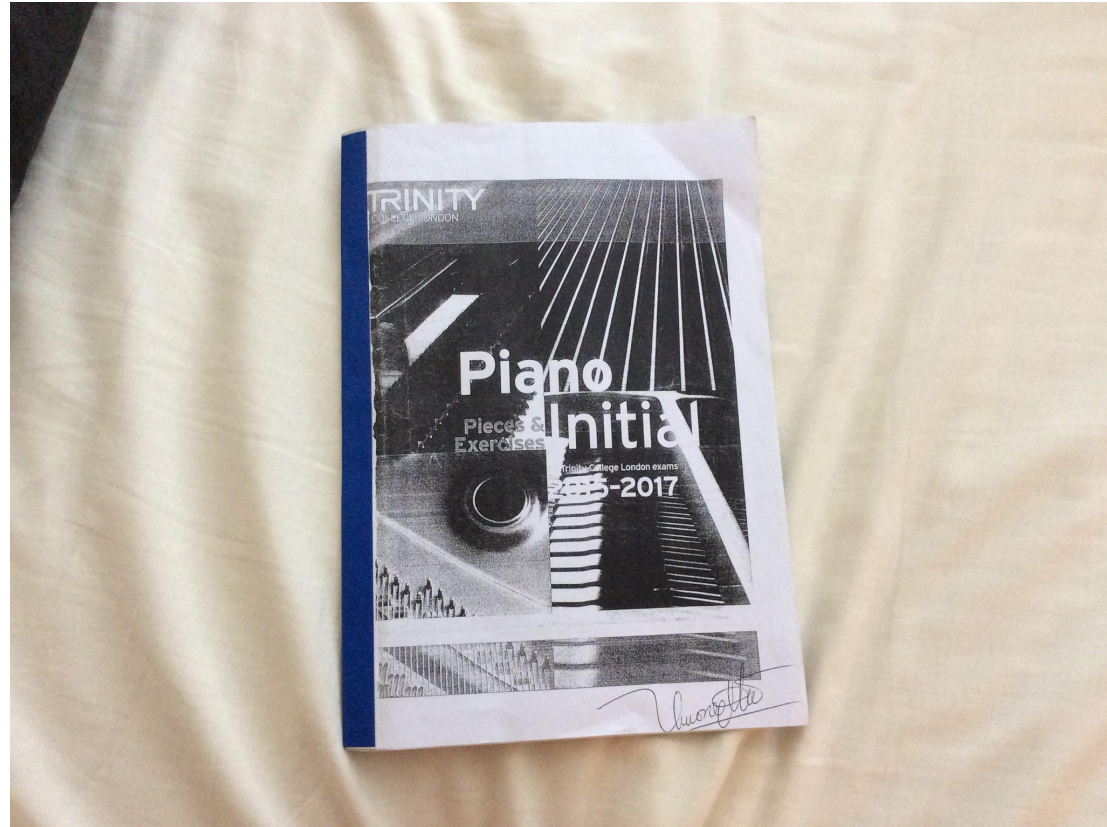




Piano
By Huong Doan

You know how people listen to music to calm themselves ? Or play on the phone? Instead of doing those things, why not play an instrument? To be specific, why not play piano? Not only does it calm you down, it is beneficial for you mentally and emotionally. Whatever you think, I think that playing piano can benefit you emotionally and mentally.



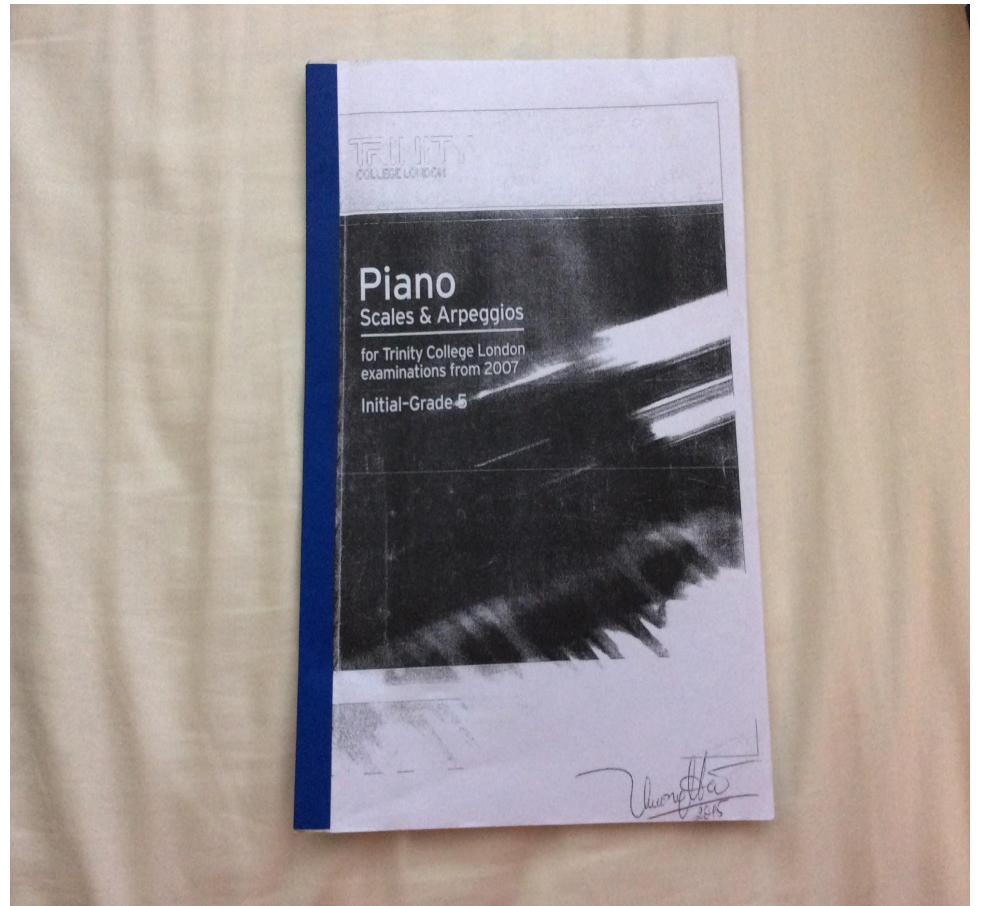


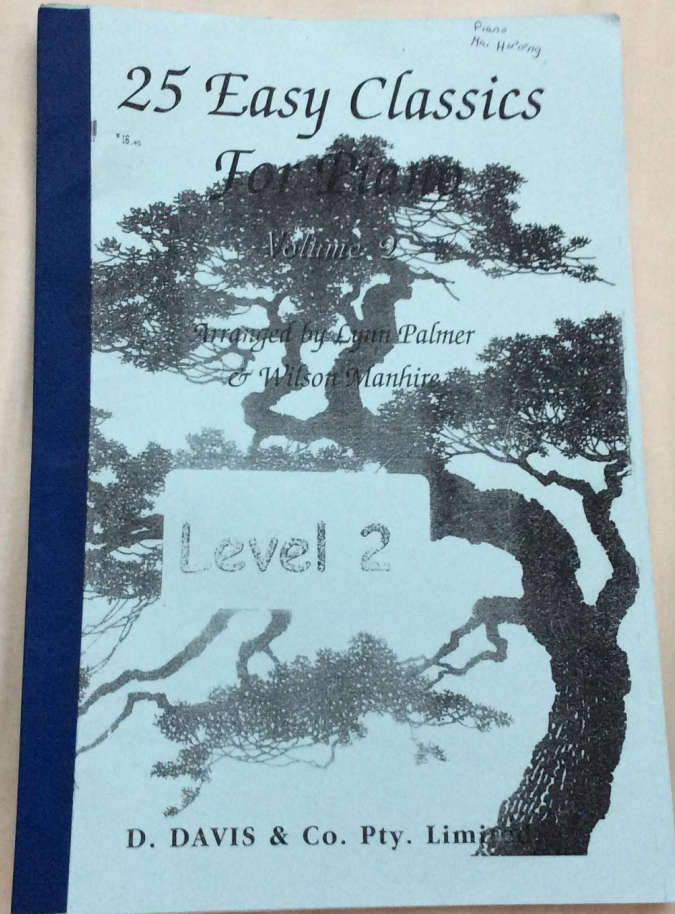
One reason is playing piano helps you emotionally and mentally when you are in adulthood. According to *lacefieldmusic.com*, playing piano as an adult builds your confidence and perseverance. I think it is really important for adults to be confident and have perseverance. They can also get more benefits. The website also states that piano calms your stress, pressure, and concerns.

For example, you can play your favorite song or melody. You can also be focused in the moment instead of being distracted by your phone. In an interview with Lisa Rizzi, the music teacher at PS290, she stated, “ Once I got older, I was able to play well enough to accompany myself and others singing. This gives me a lot of pleasure.” This means that you will be happy and can lead to other people being happy too. Piano is the way to benefit you emotionally!



Another reason is that playing piano helps you emotionally and mentally when you are child. Also according to lacefieldmusic.com playing piano greatly helps your child's learning progress. From my own experience, playing piano helps me sing with the tempo better and with my classmates better. In a separate interview with Preston, a student at PS290 who has been playing piano for 5 years, he said he feels that he is more patient after he has been playing piano for a long time. Without playing piano, kids may not be as patient as a kid who plays the piano. They could have been more patient than others.





In a separate interview with Leena, an experienced piano player, “Piano makes me happy. It mentally affected me by teaching me multi tasking and taught me a new “language”. I think that being able to read notes and being taught new things is important.

Finally, playing piano helps to strengthen your skills. Also according to lacefieldmusic.com, playing piano helps to build your hand-eye coordination. For example, when you play piano, you have to quickly see where the key is so that you can play that note. Additionally, the website states that playing piano help your math skills stronger by note counts, rhythms, and learning music. This means that you can strengthen your skills not only by studying but also by playing piano. In the same interview Lisa, she states, "Playing piano takes a lot of focus and dedication. In order to play well, I have to commit to practicing and concentrating on music." This means that your skill will strengthen while you play piano.



In conclusion, playing piano affects you emotionally and mentally. I think this is a very important instrument to play. I also think that sometimes it is very frustrating but eventually you will achieve your goals.

