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## E-WISEE LAB

<b>Name of activity</b>	<b>Music education boosts young people's conscientiousness and openness</b>
<b>Description of activity</b>	Use of musical instruments or programs/software for music creation and production
<b>Who are the participants?</b>	This material is meant for youth workers in their work with young people (12 - 18 years old ) using non-formal education methodologies.
<b>Identification of the aims of the activity</b>	There is a widespread recognition that artistic disciplines, including music, have a positive effect on children's and adolescents' social and emotional development. Learning a musical instrument leads to higher performance and engagement as well as higher conscientiousness, openness, and ambition. The multidimensional benefits offered by such participation as well as the ease in which such a project can be expanded and scaled up for wider contexts, combined with the universality of the appeal of music across diverse cultures, make this a clear candidate for further developing personal and social skills.
<b>Number of participants</b>	from 1 to 15
<b>Duration</b>	6 hours per week 2 hours per day
<b>Materials for the activity</b>	Musical instruments PC Software Audio speakers Microphones Amplifiers
<b>Suggestions for the post-activation debriefing</b>	Bring out the feelings and emotions felt at the end of each session; try to identify the emotions with the participants and describe them. Understand with them how to bring these emotions/feelings into other life contexts (e.g. school, family, group of friends, etc.).
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