

The Story of Music

by Elizabeth Livingston

You are unique! You're 100% one-of-a-kind, super special, and super important! Did you know that your one-of-kind body is a music-making instrument?

Your mind and heart, arms and hands, legs and feet, head (which includes your ears, eyes, nose, mouth, lips, tongue, teeth, vocal cords, and airway), and everything else in your body all create a unique space for vibrations.

Because of the unique combination of your body parts, no one else in the world sounds exactly like you! Wow! Please take good care of your body so you can make music your whole life through.

What is music? Music is sounds put together. Sounds are created by vibrations. When two things act upon each other—like your two hands clapping—they create vibrations. This means the molecules in the space around your clapping hands move.

The movement is a wave, like when you drop a pebble in water. You can feel these vibrations, or sound waves, through your body, such as your hands and feet. Your ears are designed to receive these vibrations and transmit them to your brain in a way that helps you hear sound.

Some sounds follow a regular beat. Some sounds are soft while others are loud. Some sounds go fast while others go slowly. Some music sounds nice and other music does not. It all depends on how you make your sounds!

You can turn sounds into a song using your body or another instrument, such as: a set of resonator bells, a drum, a harp, a violin, a piano, a recorder or a flute. You can make music alone or with others. **You** can make delicious music!

People have always made music using their bodies and other instruments. They sing or play instruments solo or in groups. Music groups includes choirs, bands, orchestras, and symphonies.

In the history of our world, people have made SO much music that we cannot possibly taste it all! We have to choose which music we want to listen to.

There is good music, bad music, and music that has both good and bad in it. Good music is good for you and tastes delicious! You can use delicious music to celebrate life, to teach others helpful knowledge, to make others happy, and to help others heal.

Delicious music can even help us create peace in the world. It is so fun! Let's look for, listen to, make and **enjoy** delicious music!

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