

In tune with nature

From twig to gig

Music is proven to lower the stress hormone cortisol, increase dopamine (a 'feel good' chemical), help regulate emotions and release creativity. But can you imagine what the musical landscape would sound like without trees?!

Trees have been used for millennia to create music: some of the earliest instruments were made using wood. In front of you is the Western red cedar (*Thuja plicata*), often used to make the body of classical guitars. Studies show making music outdoors can create a sense of inner peace and calm. If you are making music in a group, social benefits are brought into play, adding to a strong sense of positive wellbeing.

Find some natural materials around you to make music...

We challenge you to create a musical piece!