

Playing the Drums

Why Playing the Drums Is Good for You

Playing the drums is more than just making noise. It is a fun and exciting way to make music. Many people, young and old, enjoy playing the drums. But did you know it also has many benefits?

First, playing the drums is good for your body. When you play, you move your arms and legs a lot. This helps you stay active and healthy. It is also a great way to release energy and stress.

Second, it helps your brain. To play the drums, you need to listen carefully, keep the rhythm, and move at the right time. This improves your memory, coordination, and concentration.

Finally, playing the drums makes people happy. It is a way to express your feelings and have fun with others. You can play alone or in a group. You don't need to be perfect. You just need to enjoy the music!

So, if you like music and want to try something new, maybe it's time to pick up a pair of drumsticks!

Glossary

Drums – batería

Noise – ruido

Fun – divertido/a

Exciting – emocionante

To stay active – mantenerse activo

To release stress – liberar estrés

Rhythm – ritmo

Memory – memoria

Coordination – coordinación

To express feelings – expresar sentimientos

Drumsticks – baquetas

Comprehension Activities

1. True or False

Write T (true) or F (false):

- a. Playing the drums is only for young people.
- b. It helps your body and your brain.
- c. You always need to play in a group.
- d. Playing the drums can help reduce stress.

2. Short Answers

- a. Why is playing the drums good for your body?
- b. What skills does your brain use when you play the drums?
- c. How do people feel when they play the drums?

3. Vocabulary Match

Match the words in English with the correct meaning in Spanish:

- Drums – a. coordinación
- Rhythm – b. ritmo
- Coordination – c. batería
- To express – d. expresar