



## Engaging Students with Poverty in Mind

### Engage for Energy and Focus

#### #4 Influence Energy Levels with Music

The music you play can strongly influence your students' mind-body states and behaviors.

Different kinds of music have different effects: music can ramp up norepinephrine, which enhances focusing and memory; enhance circulation, meaning the brain gets greater blood flow; or release serotonin, which strengthens memory and attention, and dopamine, which supports working memory.

#### [“Short Term” Solutions you can use \(p. 126\):](#)

1. Know how to choose music.
2. Know how to get and use music.