



TIPS FOR A GREAT CONCERT EXPERIENCE

Going to a concert can be fun, exciting, surprising, and even emotional. Music often makes us want to move, react, and express ourselves. We each experience music differently. Here are some tips to make the concert hall a space for everyone!

1. Pause vs. Applause

Music has pauses, rests and quiet sections that can make it sound like the music is finished when it is not. These are just as important to listen to as the sounds themselves.

Watch for the conductor to completely lower their hands and keep them down by their side. That is your sign the music is finished. When the music is done, show your appreciation by clapping.



Audience members **clap** to show their appreciation to the musicians on stage.

2. Connection

If you would like to reconnect with the music, try one of these listening strategies:

- Make up a story about what is happening in the music.
- Answer these questions: How is the music making me feel right now? What about the music is making me feel this way? What does this music remind me of?



One of the exciting parts of attending a concert is focusing on what is happening with all the instruments. Sometimes when there is a lot going on, **our minds wander** and that's okay!

3. Movement

If you enjoy moving to the beat, here are some ways to move along to the music while helping others around you enjoy the performance:

- Tap the beat silently on your knees, shoulders, or fingers
- Move your toes inside your shoes
- Gently bob your head



Movement is one of the best ways to experience music. In a concert hall, we share the space with many listeners, so it is helpful to choose movements that are comfortable for you and for those around you.

Here are some other ways to quietly move in your seat while helping others listen to the music:

Spider Pushups

Touch the fingers of your right hand to the fingers of your left hand with your palms facing each other. Push your palms apart while keeping your fingertips touching. Push your hands back together. Repeat.

Ankle and Wrist Rolls

Roll your wrists and ankles one way to the beat of the music. Switch directions each time you hear a strong beat.

Shoulder Dance

Bounce one shoulder up and down, then switch shoulders. Go back and forth.

Remember, there is no “right” way to experience music. Every concert is an opportunity to notice something new, imagine something different, and discover what music means to you!

