



# SINGING IS GOOD FOR YOUR BRAIN

words & music by Stuart Stotts  
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Many CMN members requested that this song be printed in *PIO!* after hearing Stuart's performance in the 2003 round robin at the Los Angeles national gathering.

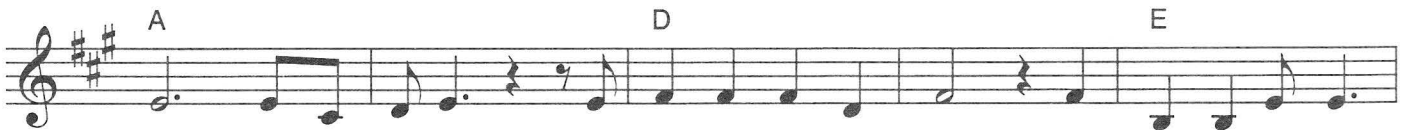
## Rock beat



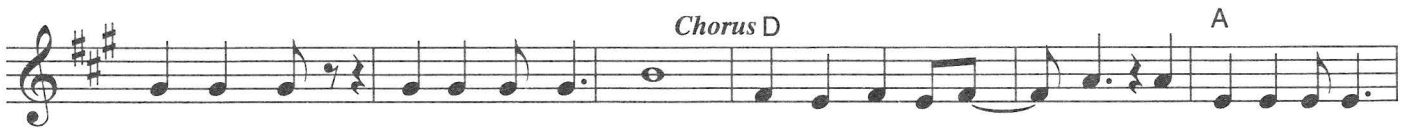
1. Sci - en - tists took x - rays and test - ed mol - e - cules.



Tried to learn why kids who sing do bet - ter than oth - ers in school. In



labs with com - put - ers the find - ings were com - piled. And when the re - search



was com - plete, mu - sic teach - ers smiled. Sci - ence has the an - swer. It's eas - y to ex -



plain. Sing - ing is good, sing - ing is good, sing - ing is good for your brain;—

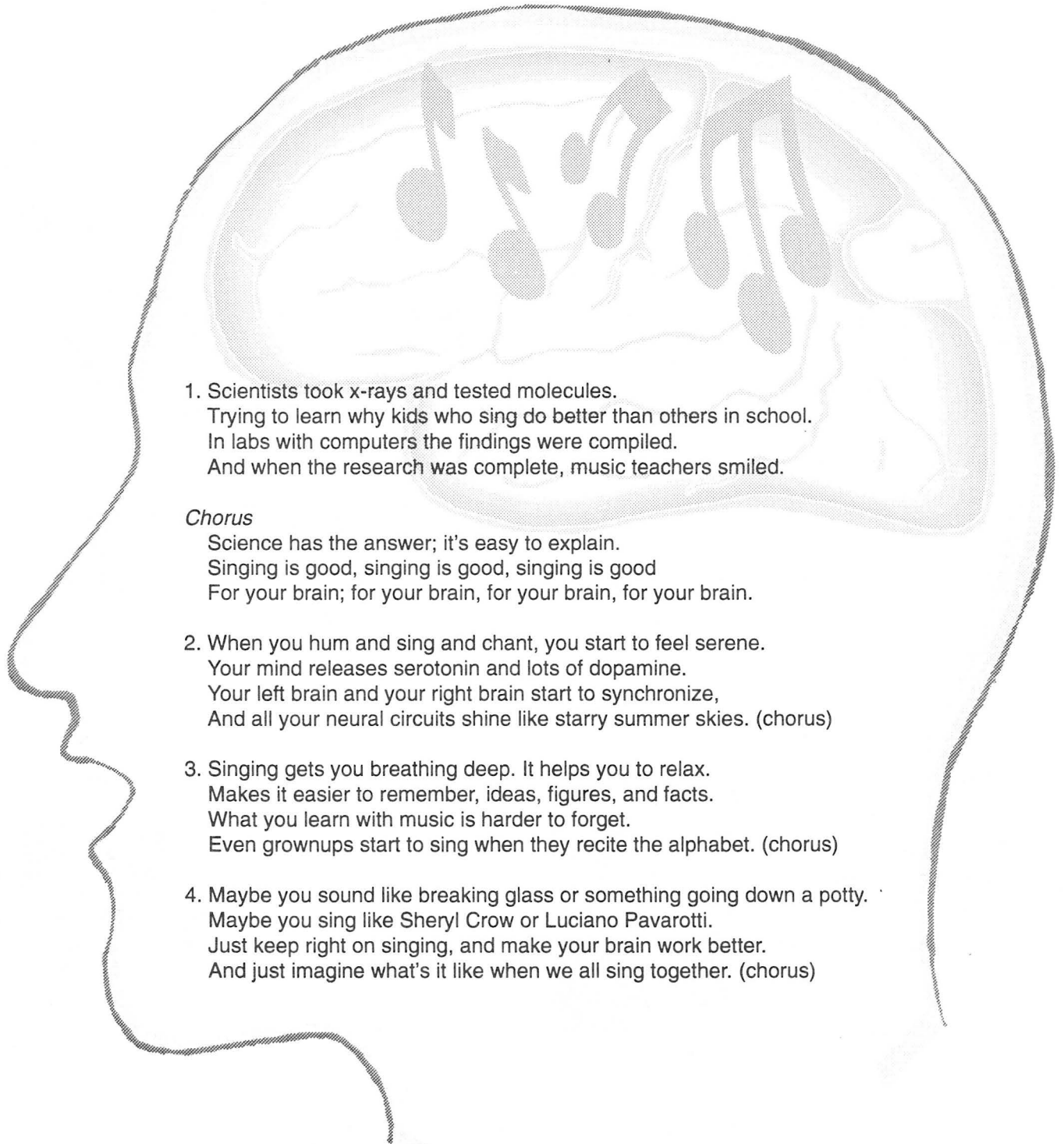


for your brain,\_\_\_ for your brain,\_\_\_ for your brain.\_\_\_\_

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## Singing Is Good for Your Brain

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1. Scientists took x-rays and tested molecules.  
Trying to learn why kids who sing do better than others in school.  
In labs with computers the findings were compiled.  
And when the research was complete, music teachers smiled.

### *Chorus*

Science has the answer; it's easy to explain.  
Singing is good, singing is good, singing is good  
For your brain; for your brain, for your brain, for your brain.

2. When you hum and sing and chant, you start to feel serene.  
Your mind releases serotonin and lots of dopamine.  
Your left brain and your right brain start to synchronize,  
And all your neural circuits shine like starry summer skies. (chorus)
3. Singing gets you breathing deep. It helps you to relax.  
Makes it easier to remember, ideas, figures, and facts.  
What you learn with music is harder to forget.  
Even grownups start to sing when they recite the alphabet. (chorus)
4. Maybe you sound like breaking glass or something going down a potty.  
Maybe you sing like Sheryl Crow or Luciano Pavarotti.  
Just keep right on singing, and make your brain work better.  
And just imagine what's it like when we all sing together. (chorus)