

# WHY START A YOUTH CHOIR?

## IT BUILDS A NETWORK OF BELONGING

- New friendships
- Develop social skills
- Sense of belonging to something bigger than just ourselves
- Feeling needed

## IT'S GOOD FOR PEOPLE'S HEALTH

- Reduces stress, depression and anxiety
- Builds self-esteem
- Improves breathing, posture and muscle tension
- Decreases blood pressure
- Increased immunity

## IT INCREASES ALTRUISM IN PEOPLE

- Greater awareness of the larger community and our shared humanity
- Increases generosity
- People become more helpful

## IT CONNECTS PEOPLE TO CHRISTIANITY

- Learn the gospel through song
- Connections to a local corps
- build relationships with fellow Christians
- develop a relationship with Christ
- Builds future music sections