The Brain on Music.

Song and music can:
Reduce stress, pain and symptoms of depression.
Improve cognitive and motor skills, spatial-temporal learning and neurogenesis.

Fill the brain with colorful song. Color the parts of the brain stimulated by music.

The basal ganglia, insula and amygdala are also stimulated by music, they are located deep in the brain. Ask a NW Noggin' neuroscientist more about these features.