

# VareseNews

## Music to discover and create

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Initially designed to benefit the children who attend the academy, the videos, which have been made by the teachers at the **Camille Saint-Saëns Institute of Music and Art Therapies** are now being shared online, on Facebook and YouTube, **to encourage play and constructive moments in the family, based on the world of sound.**

**“Music is often consumed as a commodity, or practised with performance goals, but for us, a music therapy institute and a music academy, music is above all a teaching language and a tool for creating well-being, also in family relationships,”** explained **Barbara Sgobbi**, the director of the institute whose teachers appear in a series of short videos that range from singing together, focusing on sounds in the home, to making real music instruments, from a kazoo to a guitar (for children).

The videos suggest new ways to experience stimuli in the home, starting from the sounds, which can form the basis for discovering new things to share.

A new video is normally uploaded every two days to **the Saint-Saëns Academy’s Facebook page**, and shared on the **VareseNews Bambini Fb group**.

di [Translated by Alexandru Miron Ionut](#) (Reviewed by Prof. Rolf Cook)