



A Hop, Skip & A Jump for Tots to 6s

I hear & I forget-see & I remember-I do and I understand-Chinese proverb... Children have to involve their bodies as well as their minds in order to understand the world & experiences. If he may not engage his body, As well as his mind, he will switch off. Ambron... Childhood Should be a Journey-Not a Race... Childhood Is life's 1st gift. Play it for all it's worth. Play it often. Play to know: Discovery, wonderment & delight. All children are gifted. Some just open their presents later than others... Unknown

Young children come into the world with an innate receptivity to music and movement. Immersed in rhythm and sound, children are seemingly pre-wired for music. They are born ready and expecting to move and this is how they learn. They don't come into the world thinking, I want to learn my letters, numbers, colors & shapes. Yet children now sit younger and longer.

Music matters. Everything about appropriate musical experiences is positive. Research supports the importance of movement for learning. It nourishes brain development, strengthens learning, listening and literacy, motor skills, coordination, language, problem solving, thinking, spatial temporal performance taking turns, empathy, as well as contribute to social success and emotional well-being. Music will enrich children's lives and tap into their creative energy.

We now know that movement matters too. Toddlers know. They don't have to be told, "it's time to move". It is part of their DNA and that is how they learn. Leave no child behind has left children sitting on their bottoms, on carpet squares and on their chairs. We know brief moments of physical activity can improve attitude, attention, memory and content achievement. When movement is combined with language, cognition increases.

The current focus on the academics may leave the crucial role of social-emotional development behind. It is difficult for children to develop cognitively if that emotional component is not stable. Music and movement experiences can be at the core of social connections formed between children, their significant other and their peers.

So. Let's get moving! Music and movement can be your best friend. In our hurry up dot com world we are sitting children as young as 12 months in front of computers. With "teach your baby to read" commercials on TV and less playtime outside, more than ever, we need to nurture children's natural love of music and movement. They desperately need their childhood and often, we are taking it away sooner and sooner.

What children need for healthy development has not changed. They need to know love, trust & feel safe, learn to problem solve, know self-esteem & social competence. Read, sing and dance with them. Do process only art, write down their stories, tape record their songs, make eye contact with every child every day. Take time to listen-time to just be.

Today we will explore the research and the benefits of movement. A sampler of musical movement activities will be presented for transitions with lots of ideas to incorporate throughout your day. Tips for group management and books that enhance listening and create movement too. And it's not just for the children. It's for everyone. Musical experiences can positively affect staff efficiency and productivity and is a natural stress buster.

The essence of this presentation is to not only provide ways to incorporate movement into your curriculum, but to acknowledge the magnitude of your profession. Your time spent with the children can have an enormous impact on their lives. Many of them spend more time with you, than at home. What you do it the most important work I know of. Children learn about love and trust from you. Thank you for what you do.

Remember, when all else fails, Sing-a Song and Dance-A Long.
It really works! No expertise needed.

I am one, but still I am one. I cannot do everything, but I can do something & because I cannot do everything, I will not refuse to do something that I cannot do. Helen Keller... We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. Mother Teresa We see the world clearly when we're children and then spend the rest of our lives trying to remember what we saw. Garrison Keiler

Gari Stein...Music For Little Folks...little-folks-music.com...Garistein@aol.com...FB Music For Little Folks

*Let us realize that the privilege to work is a gift. The power to work is a blessing and the love of work is success. David O. McKay
Music is the essence of order and lends itself to all that is good, just and beautiful. Plato*

Why Move?
Not Just For the Children. For Staff Too!
Dopamine can be released through music listening. Sufoo & Akiyama

- Children are born to move and that is how they learn
- Integrate the right and left hemispheres of the brain to bring balance.
- Thinking is moving...moving is thinking
- Learning and teaching tool
- Engages all learners
- Clears the mind
- Develops & stimulates creativity
- Fosters community
- Relax and focus
- Invigorates
- Ease with transitions
- Boosts immune system
- Stimulates inner ear function (balance)
- Releases tension
- Productivity and efficiency
- Natural stress buster
- Games that use alternation locomotion steps like jumping, hopping & skipping will help release excessive energy.
- Focus energy activities that require focused listening & minimal or no talking
- FUN

Source: Movement in the Classroom Martha Eddy

<http://www.wellnesscke.net/downloadables/Rationales,Strategies&ResourcesforMovementintheClassroom.pdf>

Physical activity = increased brain compatible learning

- Novelty wakes the brain up...Repetition wires the brain
- Wants body to move. Is stimulated & learns through moving
- Social organ that needs to interact with people
- Movement activities encourage cooperative learning experiences
- Learning primarily emotional process. Fun & engaging enhances learning process
- Exposing brain to hands-on learning experiences is critical to memory & retrieval
- Prefers active, not passive, learning.
- Always trying to create a reason for learning. Movement creates increased brain connectivity= problem solving & thinking skills.

Source: Kinesthetic activities help students of all ages learn by doing. Mike Kuczala and James Mc Call New Jersey Education Association

<http://www.njea.org/news-and-publications/njea-review/april-2011/get-your-students-moving/additional-examples-of-kinesthetic-learning>

TIPS FOR GROUP MANAGEMENT

- Allow observers to watch and not pushed to join the group
- Provide time for children to explore and add their own ideas
- Do not restrict to sitting on bottoms and carpet squares
- Stop before they tire

*The World is changing a lot. Because of the cam & the dot. It's all new today, or that's what they say. But friend, it really is not. Arlo & Janis.
Wiggle, wiggle fingers. Way up to the sky. Wiggle, wiggle fingers. Wave them all good bye.*