

Just For You Keynote Outline

Movement songs and activities interspersed throughout presentation

- Interactive song to open session and demonstrate affect
- Impact of music on all developmental domains
- Benefits of music in the classroom
- Giving flight to work related challenges and obstacles
- Find or reconnect with personal voice
- Nurturing children and their journey
- Bringing baggage to work and losing your 'you'
- Our job is and is not
- I have a beautiful voice and you do too
- Empowering postures
- Passion
- Nourishing brain
- Children need to play
- Having a bad day
- Ways to reduce stress
- Leaving a legacy
- Circle dance if space permits
- Relaxation exercise with music to close session