

Moving and Learning

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.

Music matters. Everything about appropriate musical experiences is positive. Research suggests it nourishes brain development, can strengthen learning, listening and literacy, motor skills, co-ordination, language, problem solving, spatial temporal performance 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. 'Leave no child behind' has left children sitting in their seats and on carpet squares. 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 their natural love of music and movement. Children desperately need their childhood and often, we are taking it away sooner and sooner.

What children need for healthy development has not changed. Keep them safe, read, sing and dance with them, do open-ended 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, productivity and stress level.

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. 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.

Rhythmic 8s

Energetically integrate the right and left hemispheres of the brain to bring balance.

Benefits of Movement

- Strengthens learning
- Nourishment for brain
- Affects total development
- Impact on language
- Social & emotional component
- Physical activity
- Listening & thinking skills
- Crossing midline
- Body awareness
- Attention span

Welcome Everyone

Welcome, welcome everyone....Let's reach up and touch the sun
Now the rain (snow) is falling down....Gently, gently to the ground.
Curl yourself into a ball. PAUSE.....1-2-3!!! Let's sit (jump) up tall.

Good Morning Yoga

Mountain...Stand upright feet together in cement
Standing Forward Bend...From mountain pose, bend at hips, back straight
Walk hands down legs to the floor
Plank...Push up position...Hands at shoulders, fingers wide,,Hold in stomach
Down Dog...Hands and knees on floor (table)...Curl toes under...Drop head
Raise bottom toward ceiling...Mountain to end.

Transitions

Clean-Up...Tune: 3 blind mice... It's time to clean-up. (2) It's time to put our toys away, so we can play another day. It's time to clean up.

Wash-Up...Tune: Let's go fly a kite...Let's go wash our hands (3). So we can eat____. Roll up the sleeves of your shirt. Wash off the germs and the dirt. Oh, let's go wash our hands.

Weather...Tune: Waltzing Matilda...What is the weather? (3) outside today. Is it rainy? Is it cold? Is it sunny? Is there snowwww? What is the weather, the weather today.

Boat Story

8 1/2 x 11 paper-fold 1/2-Elaborate/Exaggerate Motions/Let Children Add to Story/Act Out...

1...put child in boat-water not calm-boat is rocking-child getting scared- large bird from sky-what kind of sounds-takes big bite, side of boat(tear one side)...

2...child getting nervous-rocking more-another big bird (sounds) bite of other side (tear other side)...

3...really nervous-getting warm-taking clothes off-pants, shoes, T-shirt, throws in water-had bathing suit or underpants on...

4...under water-big fish -sounds like-looks like-make fish face- bites big hole in bottom-what happens to boat????? (tear bottom)

5...boat sinking-child jumps out-swimming to shore-have children do different strokes...gets safely to shore-looks at boat sinking-something floating. T-SHIRT...