

MOVING WITH MUSIC



Music and movement is a great way to burn excess energy while learning and having fun.

Music goes to ALL parts of the brain, this allows us to retain information.

Whether you sing or dance it doesn't matter, they are both great for your mind and body.

Naming body parts

- Place newspaper on the floor, play music and encourage children to dance. Stop the music and call out a body part that your children can place on their newspaper.
- Or stop the music and call out two parts of the body to “connect” e.g. elbow to knee, hand to head.

These activities encourage children to learn their body parts, develop balance and coordination.

Dancing with scarves

- Get children to dance to music, moving their scarf.
Encourage children to switch hands, using both hands develops their muscles evenly on each side of the body.
- Make a rainbow, little and big circles, under their legs and over their heads, make a helicopter or snakes, make the scarf move fast and slow.

Scarves encourage imagination and help children to cross their midline.

Free dancing

- Dancing to music (without action instruction) allows children to be creative with their own movements.