

## Music & Movement in Early Years

Music and movement promotes brain development. Incorporating music and movement into **during** early **growth years** can help young children with development, social interaction and language growth.

Early childhood education, for children, is the beginning of a student's academic experience. This is an important time of learning and brain development for children in preparation for the rest of their education. Patterned activities at home or in the preschool classroom, such as clapping to music or jumping in time to a beat stimulate brain function and help the brain to organize thoughts and behaviors.

The latest research published in the *American Journal of Neuroscience* showed that people who took music lessons during childhood seem to have a faster brain response to speech much later in life - even if the child musicians hadn't picked up their instruments in decades. Music has a tempo and teaching young children songs that have rhythms and beats or learning to march in time to a tune can help students to learn the rhythm of speaking and improve their communication skills.

Several different types of music and movement activities can be incorporated into early childhood years. Teaching songs, such as the "ABCs" or "If You're Happy and You Know It" while clapping or tapping along can teach rhythm and cadence while learning new words. Songs that involve action and hand gestures that follow the music teach children not only the meaning of some new words, but also to move and sing at the same time. Listening and playing music can help improve childrens' concentration, patience, self-confidence, coordination and relaxation.

### Birth to Age 3

Music acts as a source of comfort and connection for babies and toddlers. Little ones love to hear the sound of the human voice, especially mom's and dad's. As a parent, you can use music to create routines and touchstones for your small child. Sing a special lullaby at bedtime—children love the familiarity of repetition. Use music as a way to transition from one part of the day to another. If your child goes to day care or preschool, sing a special "going to school" song or play a CD in the car. This helps your child know what to expect and can make both your lives more peaceful.

### Ages 3 to 4

Around age 3, most children will begin to take a real interest in music. Combining music with movement such as clapping, jumping, dancing and waving helps improve coordination, reducing frustration and limiting "I can't do it!" tantrums. Children this age can focus a bit longer and are ready to bang on simple instruments such as a drum, toy piano or tambourine. Playing simple music and dancing can also help children express emotions such as anger, excitement and anxiety, giving them an outlet besides tears or destructive behaviors.

### Ages 4 to 6

Age 4 to 6 is just the right time to start music lessons like piano or string instruments. At this age children can focus for short periods of time on one task and are naturally ready to develop fine motor skills. The practice periods required to learn an instrument can teach your child patience and improve concentration, which make routine tasks like waiting in line or learning to read less frustrating for your little guy.

Ages 6 to 10

School age children start learning about the power of music for changing their mood or connecting with others. "Children age 6 to 10 can start learning that music has structure." Music lessons and choral groups can help teach patience and perseverance and build confidence as skills improve  
Few Examples of Music & Movement for Your Reference :

### LET'S GET MOVING

CHORUS Let's get moving - get on up and move your feet

Let's get grooving - let your body feel the beat

Let's get moving - get on up and move your feet

Let's get grooving - let your body feel the beat

Shake, shake, shake to the side Then shake the other way

Shake, shake, make it a party any time of day

Up, down, touch the ground Turn yourself around

CHORUS Jump, jump, jump to the side

Then jump the other way Jump, jump, pump up the party any time of day

Up, down, touch the ground Turn yourself around

CHORUS Clap once - clap twice Three times - four times (2x) Yeah, yeah, yeah! CHORUS (2x) Let's move!

### I LIKE TO GO TO SCHOOL

Sung To: "Farmer in the Dell"

I like to go to school.

I like to go to school.

Heigh-ho-the-derry-oh,

I like to go to school.

I like to sing new songs.

I like to sing new songs.

Heigh-ho-the-derry-oh,

I like to sing new songs.

I like to play with friends.

I like to play with friends.

Heigh-ho-the-derry-oh,

I like to play with friends.

Try these fun movement ABC activities with our Medhavis:

### A TO Z OF MOVEMENT

A =Animal yoga, B =Baby Bathing, C =Concentration Game, D =getting Dressed,

E =Elephant Run game, F =Fine Motor, G =Gross Motor, H =Hunting,

I =I am games, J =Jumping, K =Knee Bounce, L =Little bare feet,

M =Massage, N=Number recognition, O=Olympics, P =Popcorn game,

Q =Q tips, R =Row your Boat, S =Under the Sea Game, T =10 movement games,

U =Up side Down,V=Visualisation game, W=Wheels on the Bus, X =Peek a Boo Box,

Y =Yoga in family,Z =Hip Hop to Z