

Music and Movement

Music play-with instruments, with songs, alone or in groups- is one of the primary forms of expression and communication. Studies have shown that in cultures where musical play is actively encouraged, children show heightened competencies in motor and communication skills at early ages. Movement to music enhances physical, cognitive and social development. It provides a pathway for children to be creative and to learn more about themselves.

Here are some activities you can do to help your child engage in music and movement play at home:

- Listen to a variety of music and sing songs together!
- Have your child respond to the music with movement. Is the music fast or slow? Is the energy of the music hard or soft? Is the music sad or happy?
- Dramatize the actions in the song. For example, you may listen or sing to the old folk “train theme” songs (“She’ll Be Comin’ Round the Mountain”) and act it out with your child.
- Make songs together! You and your child can make a song about going outside that is sung to a familiar tune of “Three Blind Mice”. For example:
*We went outside, We went outside. What did we see? What did we do?
We saw a robin perched on a branch, we tried to sit and rest on a bench.
When we went outside. When we went this morning.*
- Explore the science of music! Place a few dried beans on the head of a drum or tambourine, gently tap on the edge and notice how the vibrations move the beans.
- Pour water of different amounts into bottles of the same size. Blowing into each bottle will produce a different pitch. Ask the children to line the bottles up from lowest sound to the highest sound. This will create a scale.
- Create your own instruments and explore rhythm making.