

Music and Movement



Children begin to learn that music and movement communicate messages and represents actions. Most children start learning about their world by acting on objects and people and begin thinking with their bodies before using words. By using movement children aren't limited by their verbal abilities. For example, when asking a group of children "what are some other ways you can think of, to get from this side of the room to the other". Children will more likely respond through movement rather than verbally.

Singing or chanting can help make routine activities and transitions smoother and more enjoyable. Music tempo also helps to set up a mood. Quiet, soothing music calms and relaxes children, while a lively tune creates an energetic clean up.

Children are also encouraged to develop their social development as music and movement activities help children feel part of the group.

Benefits of Music and Movement

Music naturally delights and moves most children. Throughout the early childhood years, children are learning to do new things with their body and music and movement encourages children to explore what they are able to do. Listed below are some suggested learning objectives that support a child's overall development.

- Children develop social skills by playing co-operative musical games (such as ring a ring a rosy or musical statues).
- Gives children a chance to recognize that music and dance can express moods and different feelings in an appropriate social way.
- Increases children's awareness of different movements (fold your legs like the frog in the song).
- Improves children's balance, co-ordination and rhythm through dancing and other movement activities.
- Helps to develop children's fine motor skills (learning finger plays and playing musical instruments).
- Develops children's creativity and imagination by responding to music through movement.
- Refines children's listening skills by noticing changes in rhythm, beat or tempo (clapping fast or slow).

Music and movement aren't adapted to one specific location. Music makes its way into many activity areas. Children may create their own songs or chants in the home corner or begin re-telling nursery rhymes in the library area. Incorporating music and movement activities throughout the program encourages children to express themselves.

Linking to the Early Years Learning Framework

- 1.2 – Children develop their emerging autonomy, inter – dependence, resilience and sense of agency.
- 2.2 – Children respond to diversity with respect.
- 3.1 - Children become strong in their social and emotional wellbeing.
- 4.3 - Children transfer and adapt what they learned from one context to another.
- 5.3 – Children collaborate with others, express ideas and make meaning using a range of media and communication technologies.

QIAS Principle 4.4.5 - Staff promotes each child's enjoyment of and participation in the expressive arts.