Modifiable
Music and Movement

ARSL 2016
Mary DeWalt

Ada Community Library
Boise, ID
What is Music and Movement?
“A fast-paced half hour of dancing, singing and music making.”
– Ada Community Library

“Move and groove together with action rhymes, songs, games and hands-on musical activities that will help children develop motor, listening and literacy skills.”
– Kent District Library

“Songs, Dancing, Stories, Puppets and more with a focus on enhancing and building Early Literacy Skills.”
– Mamaroneck Public Library

“A fun way to develop early literacy skills in young children with music, dancing, singing, stories and exploration of simple musical concepts.”
– Albuquerque and Bernalillo County Library
Why should we offer Music and Movement?
Health – bodies need activity
“Kazoos activate bone structure because of the vibrations. This activates the vestibular system.”

–Maryann Harman, M.A.

*Vestibular system – in each ear, includes the utricle, saccule, and three semicircular canals
Enhances cognitive function

why
The Science Behind It

“The brain works by electrical current thereby needing oxygen and water to function well. Movement helps to provide one of these two elements, oxygen. Another wonderful thing happens with movement. The brain produces a neuro-chemical called endorphins. This chemical causes a feeling of energy and makes the brain more conducive to learning. Movement and rhythm stimulate the frontal lobes, important in language development. This portion of the brain grows between the ages of two and six.”

–Maryann Harman, M.A.
Supports literacy skills – phonological awareness, letter knowledge, vocabulary
If You Can’t Beat Them…

In 1981, 80–85% of female and 60–66% of male high school students could keep a steady beat. In 1991, the percentages dropped to 48% and 30% respectively. Less than 50% of adults have the ability to keep a steady beat.

Studies by Phyllis Weikart
In a 1998 study, only 10% of students could keep a steady beat. This ability should be in place by two to three years of age – definitely by Kindergarten.

Being able to keep a steady beat for 1 to 2 minutes is directly related to reading proficiency. (Weikart, 1995).
Develops motor skills
Prepares for school – social, soft skills
Introduces STEM concepts
Pure joy
Program design

- Different each week, as storytime or one program used entire month (repeat 4X)
- On a theme or random “potpourri”
- Mix of activities in-line, circle time style, or “chaos”
- Regular open / close
- Adult involvement
Music and Movement  January 2015
Ada Community Library

Opening:  Where oh where is my friend ___?
Where oh where is my friend ___?
Where oh where is my friend ___?
--- Welcome to music and movement

Activity:  Sleigh Ride (Moving with Mozart movement activities for young children)
Skills: motor skills, coordination, following directions

Activity: Parachute play - snowstorm
Skills: cooperation, eye-hand coordination

Activity: Snowflakes, Snowflakes tune of "Are You Sleeping?"
Snowflakes, snowflakes,
Snowflakes, snowflakes,
All around,
All around--
Whirling, twirling snowflakes,
Whirling, twirling snowflakes,
Hit the ground.
Classic Components

- Experience music / listen
- Play instruments
- Sing, chant
- Move
- Touch
How to adapt for:

- Space issues
- Budget issues
- Confidence issues
- Time issues
Get Creative
Let’s make an egg shaker
Questions?

Ideas to share?

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