



How can so much fun get my child ready for school?

Someone once said, "Music is what feelings sound like."

This is a simple way to think about music and movement for young children. Loud drum beats might sound like anger, or groovy, funk beats might sound like happiness and well-being. No matter what music you play, the opportunity to sing, dance, chant, and "feel" the music helps your child learn about how his body moves. She will learn directions through movement and increase her physical coordination including balance and flexibility.

Try these at home!

- **Dance with scarves.** Find some scarves that can be used for fun. Put the music on. Move around the room using the scarves any way you please. Suggest that she hold the scarves in her hand, then change hands, throw the scarves in the air and see how they gently fall to the ground.
- **Play "Open Them and Shut Them".** Make up a tune or chant of your own. Putting both your hands out in front of you, open them and shut them with the song. It goes like this; Open, shut them. Open, shut them.[open and close your fists] Give a little clap, clap, clap. [Clap your hands] Open, shut them. Open, shut them. Hide them in your lap! [Place your hands in your lap].
- **Have a parade!** Perhaps you have a drum, shakers, a tambourine, a cymbal or other percussion instruments. If not, you can make a drum and instruments with pots, pans and wooden spoons from the kitchen. March around the house singing any songs that you know and love.



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Move

Things to say:

- **"I like the way you're swinging your scarf!"**
Some encouragement will help even a shy child dance and wave the scarf to the music.
- **"Can you make your hands open wide?"**
Open, shut them is a finger play that can be a wonderful tension release. It's a playful way to teach children to identify all their body parts and promotes body awareness.

Read all about it:

Music and Movement – Learning Through Play, Published by Scholastic, Inc.

The Great Big Book of Classroom Songs, Rhymes & Cheers (Grades PreK-1), by Ellen Booth Church



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