



On the Move and Ready to Learn!

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Why Music and Movement Benefit Learning

Basic Brain Benefits of Movement

Increased heart rate means increased oxygen to brain. Physical activity releases endorphins. The part of the brain that processes movement also processes learning (cerebellum).

Benefits of Adding Music to Movement

Steady beat helps children to soothe/speak/read/move. Patterns help children follow and focus. Music gives children a way to connect and know what to expect.

How To Add Musical Movement Into Learning Environment

Act It Out

Bring story to life, make math problems bigger (larger manipulatives), and enhance learning with simple songs & rhymes (learn about lyrics).

Have Movement Routines

End circle time with group movement ("Head, Shoulders, Knees, & Toes", "Itsy Bitsy Spider"). Stretch or sway for low-energy focus before certain activities (great cross-lateral movement). End day with group circle dance to provide connection and community ("If You're Happy and You Know it").

Build A Bag of Moves

Create and allow alternatives (can they stand or move in any way?, "Squat and Sing"). Use low-energy songs to focus or calm ("Mister Sun" or "Skinnamarink"). Use high-energy songs to focus & engage (Stop & Go – "Walk and Stop").

Recommended Resource

Teaching with the Brain in Mind by Eric Jensen

"I Have Ten Little Ponies"

I have ten little ponies.
I feed them oats and hay.
I open wide the stable door,
so they can run and play.
Gallop here, gallop there.
Gallop, gallop, everywhere.
Never stopping until I say,
"Whoa, my ponies! Whoa!"

Be Creative and Have Fun!