

# Music and Movement

Creating an Engaging Interest Center



## What Children Are Learning



- Noticing patterns while clapping or stomping to a beat
- Using movement and gestures to communicate
- Discussing how music or movement makes them feel



## Developmental Skills Typically Acquired

As children develop, they will show increasing abilities with the following:

- Large motor skills, such as jumping, galloping, and skipping
- Coordination, balance, and rhythm
- Awareness of movement and body positions
- Listening
- Group participation



**NOTE:** This is not an exhaustive list; children will develop according to their own individual timelines.

## Materials and Storage

### Activities

- Read aloud books based on songs, such as *The Wheels on the Bus*.
- Make instruments like pebble-filled-container maracas or toilet paper roll and wax paper kazoos.

### Culture

- Provide a variety of instruments, such as Chilean rain sticks, claves, reco-reco, talking drum, steel pan, and maracas.
- Provide music from familiar children's songs and various cultures.

### Movement

- Provide movement and rhythm props like scarves, ribbon streamers, and beanbags.
- Teach children how to use the music player by labeling the Play and Stop buttons.



### All Materials Are Appropriate Practice for All Age Groups

**NOTE:** Materials must be modified for children based on interest and developmental skills.

**IMPORTANT:** Make safety the top priority to avoid choking hazards

### Storage



- Store individual headphones in plastic baggies or cubbies with names/pictures on them.
- Use low-shelf storage units to separate centers and store labeled baskets of materials.
- Define the space children may use for dancing and playing instruments with an area rug.

Contact the OECOSL Child Care Support Line at 1.800.299.1627 for assistance.



# Music and Movement

## Creating an Engaging Interest Center



### Best Practices

**Choose** an area with a large, open space away from quieter centers.

**Limit** the amount of furniture in the area to provide plenty of room to move.



### Activities and Project Ideas

#### Body Movement

- Play-walk like an animal, such as a frog, horse, snake, rabbit, or chicken.
- Use body movements, such as pretending to swim, eat, pet an animal, or climb a ladder.
- Play songs and games that encourage balancing a beanbag on body parts.
- Play interactive songs (Bear Hunt, Wheels on the Bus, and Baby Shark.)

#### Create

- Compile a classroom book of favorite songs and fingerplays with the children. Use a three-ring binder and page protectors.

#### Culture

- Draw or dance to music from various countries.
- Form a music circle and use instruments that represent various countries (maracas, ukulele, and chimes.)

#### Infants

- Play or sing songs that incorporate facial expressions, touch, swaying, rocking, and bouncing to music.

### Family Engagement

Encourage family engagement by suggesting they include music and movement as part of regular routines and experiences. Suggestions include:

- Teaching families the songs used in your learning environment for various routines, such as clean-up and handwashing.
- Taking and sharing videos of children singing, performing with musical instruments, or dancing creatively.



#### ADDITIONAL RESOURCES

- **Music and Movement Activities for Children**  
<https://www.theempowerededucatoronline.com/2020/02/music-and-movement-activities-for-children.html/>
- **How to Set Up Your Preschool Music Learning Environment**  
<https://drive.google.com/file/d/1oXMHVBdr9PW6zRcocKPZd8pUVz5G7mXE/view>

