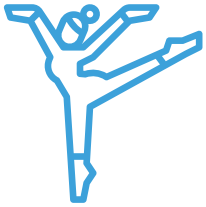




LET'S MOVE

Dance and Movement



Children have a natural inclination to sing, move and jiggle. Music delights and moves most children. From babes in arms, our children respond to music and as they grow they are always learning to do new things with their bodies. Music and movement encourage children to explore and refine these movements.

Children's participation in movement and dance is encouraged by the music they hear around them at home, on the radio and television, as well as the music that is played in their early years centre. Exposure to a variety of music styles - traditional, classical, rock, country, jazz - provides a rich listening experience that leads to opportunities for movement.

TEN BENEFITS OF DANCE AND MOVEMENT

- 1** Children practice and develop balance, coordination, body awareness and rhythm as they twirl, dance, jump and sway to the music.
- 2** Action songs enable children to express themselves using gestures, facial expressions and body language.
- 3** Refines children's listening skills by noticing changes in rhythm, beat or tempo (clapping fast or slow) and responding to them.
- 4** Dance can provide a connection to culture and can be an important part of family gatherings and celebrations.
- 5** Action songs with hand and body movements are a fun way for our toddlers (and older children) to learn a range of concepts, such as the names of animals, their own body parts, colours and letters of the alphabet.
- 6** Some movement experiences require children to follow instructions, recall and respond with actions.
- 7** Music and movement support children's appreciation of the broad range of musical genres.
- 8** Dance can be an outlet for expressing emotions including joy and excitement. It can also provide a means of relaxation for children.
- 9** For some children participation in dance and movement can boost their confidence and self-esteem. Not all children however are keen participants whilst in a group. Their participation may be *encouraged* but not *forced*. Over time, with frequent opportunity, children will often begin to join in.
- 10** Dance and movement are opportunities for children to be physically active.

WANT TO KNOW MORE?

- [Click here](#) to read ABC Kids - Exposure to music accelerates brain function article.
- [Click here](#) to read Essential Baby's - Making a song and dance article.

LOOKING FOR MUSIC TO MOVE AND LISTEN TO?

- [Click here](#) to get children active and moving to music with 'ABC Shake and Move with Jimmy Giggle'.

“Dancing is natural. Without volition, the body moves to musical stimulus. Hear a rhythm, sway or stamp or jiggle”.
- Ruth Leon

