

Music and movement



Benefits of music and movement

Music and movement helps develop large motors skills, imagination, following instruction as well as balance and co-ordination.

Your child's brain will start to develop its memory and your child will start to figure things out for themselves. Music and movement helps develop social skills and supports children to build their confidence. They can develop their creativity through music and movement and learn how to express themselves.

Why don't you try...

Singing 'I am the music man and I can play....'
Add on your own instruments and try to make the sound

These links are helpful for finding ideas of things to do:

www.learningstationmusic.com

www.nhs.uk/change4life

www.stickykidscatalogue.co.uk

What can I do?

- Make your own instruments using empty bottles/pots filled with dried pasta/rice
- Old saucepans and wooden spoons
- Explore ways of making sounds using your body such as stamping feet
- Pop on some music and move your body
- Play a range of music so your child can move to different beats and speeds

