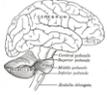


Body, Heart & Mind

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BRAIN FACT Afro Cuban / Salsa beats can benefit the brain by about 20% more than Mozart! (Parsons, 2006).

I Like to Jump (Music Makes Me Wanna Move)

- *Children need to develop their motor skills.
- *Vocabulary; directional words; opposites
- *Body control

Stress produces cortisol which in turn increases appetite. It can move fat from storage depots and relocate it to fat cell deposits deep in the abdomen. Cortisol also aids adipocytes (baby fat cells) to grow up into mature fat cells.

Time to Drink Water (Mr. Froggy's Fitness Fun)

*Teaching children to be well functioning involves teaching how to be healthy
Which includes - Exercise, Rest, Hydration and Nutrition
And a little bit of Sunshine!



I Know a Smart Woman (Hear Me Sing; Watch Me Dance/School Specialty)

- *Uses tune of "I Know An Old Lady Who Swallowed a Fly"
- * Takes a different twist as the 'smart woman' eats from her food groups.
- *Have a food pyramid up front with the children each receiving a food.
^ When their food is sung, they come up and place it on pyramid.
- *Everyone joins in on "She's a healthy woman!"

Extensions:

- Graphing and Sorting
- Personal preferences
- Multicultural - different families eat different ways

Smart Woman Merengue (Mr. Froggy's Fitness Fun)

- *When you move, you remember better (motor cortex in cerebellum)
- *Each food has an exercise

I'm a Rag Doll

- *More self-regulation
- *Body control
- *Follow directions

Ah! Breath

- *Relaxation technique

All styles of music are good.

Each affect differently

Too much of anything not good

Lyrics can be harmful



It becomes boring and ineffective when the same teaching pattern extends for a long period of time. Teachers need to switch things up to keep everyone involved. Different children learn different ways, but all children need to move!

Rhythms of the Day

When scheduling time, need to be aware of:

1. Children cannot sit for prolonged periods
 - a. After approx 20 mins, the vestibular system starts to shut down
 - b. Must move to reactivate. Moving head activates vestibular system.
2. Provide a movement activity to re-energize the brain
3. Allow for self-expression / student repeating lesson
 - a. Learn best when we teach
 - b. Hearing own voice say something aids in comprehension
4. Depending on age, focus time varies (see chart)
5. Brain 15% more efficient between 9 - 11am for short-term memory processing
 - a. Best time for rote learning, math and spelling
6. Learning based on understanding, is higher in the afternoon.
 - a. Good for literature; and
 - b. Subjects relying on comprehension and content memory

Daily Flow

9 - Noon	Short-term memory processing Rote learning Logical reasoning
Noon - 2	Simple repetitive tasks
2 - 5	Long-term memory processing High manual dexterity (music lessons; sports)

Rhythmic Teaching Plan Chart (Chris Brewer)

AGE	Concrete Informational Focused Time	Contrasting Creative Refocusing Time
4 - 5	5 - 7 min	1 min
6 - 7	7 - 8 min	2 min
8 - 9	7 - 10 min	2 min
10 - 11	13 - 15 min	2 min

Because We're Friends

- *Celebrate similarities and differences

In and Out the Windows Spatial temporal reasoning is necessary to understand numbers and essential to math readiness.

- *Cooperation
- *Patterns and Patterns w/ variations
- *Listening skills

Show Me How You Move to "M" (Show Me How You Move to the Letters)

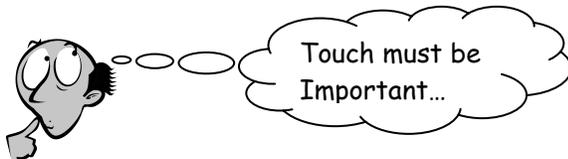
- *Use of the letter M and moving to letters that begin with "M"
- *Exposure to Latin music



BRAIN FACT

Make that 3 Brain Facts ☺

Touch is 10 times more important than verbal or emotional contact. (Ackerman, 1990). Humans can survive without seeing, smelling, tasting or hearing but will die from touch deprivation. (Chapin, 1920). Children who lack play and touch have 20 - 50% smaller brains. (Perry, 1998).



Will You Hug Me?

- *Proper touch
- *Positional Word

Mr. Warm Sunshine (Songs I Hadn't Sung Yet)

- *Feel good song
- *Wait your turn
- * Go around offering a sunshiny kiss!

You Gotta Laugh (Start the Music)

- *Vowel Sounds
- *Release of endorphins - importance of laughter



BRAIN FACT

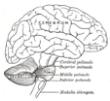
People who dance once a week decrease their chance of Alzheimer's and dementia by 79%. (Verghese, 2003). Playing a musical instrument decreases it by 69%. (Churchill, 2002).

Boom Boom Beat Children absolutely LOVE this song.

Hold your hands over your heart for the Boom Boom beat part
Have them pretend to get a toy out of the toybox. Follow the words
At the end, everyone is laying down. Talk to them about breathing.

This is a good time to tell them what to do when they get up

- *Teaches self-regulation
- *Body at different levels - high, medium, low



BRAIN FACT

Music helps children explore emotions. The more emotions we expose them to (including uncomfortable ones ie fear, sadness), the more capable they are of dealing with them when they happen. Peter Alsop calls this "putting tools in their toolbox".

Bunny Foo Foo (Bk + 4) *Traditional song - fun, but nothing valuable taught.*

1. Validate that the mouse is hurt;
2. Say "The mouse is crying; You hit the mouse. Hitting hurts. You may not hit.";
3. Instruct the rabbit to say, "You're crying because I hit you. Hitting hurts. I will not hit you again." (You can teach "I'm sorry" but by itself, it means nothing.)
4. Allow mouse to decide if she wants to play with the rabbit. Negative behavior has consequences; allows mouse to feel safe and in charge of choices.)

"Teaching a child not to step on a caterpillar is as valuable to the child as it is to the caterpillar." Bradley Miller



This Little Star

- *Positive attitude is important for healthy self-image
- *Children will become who you perceive them to be
- *Motivated by pleasing
- *Encourages that we each have a way to shine!
- *Reinforces number placement, colors

LIST OF RELATED CITATIONS
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Maryann Harman, MA ED

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