



## ***Sounds to a Sound Body***

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*Vestibular system must be activated to learn*



**BRAIN FACT** Moving activates muscle memory, which is helpful for students who can only learn by moving. (Hannaford, 2005)

### **M O V E Move!** (Mr. Froggy's Fitness Fun)

- \*Focus on what body part to move
- \*Spelling awareness
- \*Body Control



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

### **I Like to Jump! & Get Up On Your Feet** (Music Makes Me Wanna Move)

- \*When we move, we learn! When children move, children learn!
- \*Children cannot sustain a high heart rate like adults/need to alternate activities

### **Maerobics** (Keep Safety RooTeen/Safety Quad Box)

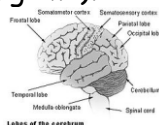
- \*Use of cross-lateral movement and brain gym (Dr. Paul Dennison)
- \*Brain gym - activities using movement to stimulate both sides of brain
- \*Must be able to control body and understand they have the power to do that

**These activities can be done to any music with a good 4/4 beat**

Music uses more regions of the brain than any other activity. It only makes sense to use music to aid in memory/retention of important facts and concepts, including nutrition.

This can be done through activities that include:

- \*Music (songs, rhythm activities); or
- \*Movement (dance, drama, game).



### **DISTURbing FaCts**

Problem with childhood obesity and diabetes  
30% of US schoolchildren are overweight  
Only 6% of High Schools offer daily PE in the US  
Many schools have cut recess out of elementary school schedules

### Catching Bubbles (Mr. Froggy's Fitness Fun)

Using bubbles gets children's attention. Serves many purposes ~ ~  
Tracking for infants; Ability to project where the bubble will go  
Use of mouth/air control

### I'm a Rag Doll (My Mindful Music)

- \*Body Awareness
- \*Directional movement



**BRAIN FACT** Music creates a positive state for learning because it helps to reduce stress levels, heighten attention, enhance concentration, reinforce memory and stimulate motivation. (Campbell, 1997; Jensen, 2000)

### Baby Dolly Dance (Mr. Froggy's Fitness Fun)

Having fun with your doll / baby  
Attaching  
Following steps and sequences

### Balls of Energy (Songs at My Fingertips)

- \*We are all made of energy.
  - \*Our brains are electrical. They run on water and oxygen.
  - \*Teaches children control of body - how fast/slow; loud/soft
  - \*Teaches sequencing and scaffolding
- Energy, Energy. We're balls of energy. (loud and then soft)



**BRAIN FACT** Although test scores of use of music and no music may exhibit equal results, when memory of knowledge is compared later on, the students who learned through music and movement had better retention. (Altenmuller et al 1999)

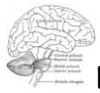
### Show Me How You Move to the Letters

Combining movement with learning builds healthy bodies and minds - together 😊



**BRAIN FACT** Music is helpful when doing chores because it can reduce stress levels, heighten attention, enhance concentration, reinforce memory and stimulate motivation. (Campbell, 1997; Jensen, 2000)

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.



## **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).

Staying physically active aids in good digestion.

Different foods require different amounts of exercise.

## **Nutrition**

- \*Children must learn to make good life style choices

- \*Meet NAEYC, Head Start, NASPE requirements

- \*Combine moving with visuals and sound

Can use activities along with Meaningful Movement Mats



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

- \*Use of Salsa music for brain stimulation

- \*Listening, interacting

- \*Explore foods

Extensions:

Graphing and Sorting

Personal preferences

Multicultural - different families eat different ways

## **Dance For the Food Groups\*** (A Musical MARathon)

- \*Review food groups

- \*Each group has its own dance

- \*Children hear all groups and then must remember from sound and do dance

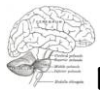
\*Download these cards from [musicwithmar.com](http://musicwithmar.com) for FREE

Depression is linked to poor eating habits.

Children who feel loved are less depressed

A child's value system is in place by 7 or 8. This includes their 'habits'.

*\*It is important to teach obesity prevention (exercise, proper food choices) in the early years for it to be a lifelong habit!*



## **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".

*It's Early CHILDhood - FUN is part of the curriculum*

*Think ~ Not teaching the skill*

*Putting the tools in place to learn the skill*

*Having fun makes it easier to learn!*

*Helps the brain understand the rhythm of language!*

*Dance with your children!*

### **How Can I Move There?** (Singing in a Different Key)

- \*Explores ways to move

- \*Addresses movements from movement chart

### **Crab Crawl or Bear** (Mr. Froggy's Fitness Fun)

- \*Poor core muscles contributing to inability to sit up

- \*Inability to sit up leads to poor attention habits

Crab crawls strengthen core body muscles along with arms and legs

Bear Walk strengthens core AND hand/finger muscles

### **Boom! Boom Beat!** (My Mindful Music)

- \*Explore different ways to move

- \*Creativity / Pretending

***It ALL ties together!***

***Body, Heart and Mind create a Sound Person***



**BRAIN FACT** During the first year of life, rhythm is the element of music that has the greatest effect. (Dr. John Ortiz). The human brain is innately responsive to highly rhythmic music and the only mammal that will tap its toe because of automatic tendency.

### **Music Makes Me Wanna Move** (Music Makes Me Wanna Move)

- \*Encourages desire to 'want' to move

- \*Balance, direction

