



Using Music to Nurture Body, Heart & Mind

Morning Strut (Songs for a Great Day!/Safety Series)

One song can do many things:

- *Stimulate both sides of brain; produce endorphins
- *Affect attitude
- *Language - new vocab word "strut"
- *Dancing (proper touch) Children don't know manners-imitate them;
- *Cross mid-section - need this skill to read/write
- *"Whew!" oxygen - brain runs on oxygen and water
- *Bouncing keeps steady beat
- *Vestibular system must be activated to learn

Will You Hug Me? (unFROGettable)

- *Proper touch
- *Positional Word



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).

Hugs produce endorphins and growth hormones. Hugs feel Good!!!

It ALL ties together!

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

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

What we provide in childhood, are the tools children will use into adulthood. We must find ways to provide the following:

1. A healthy attitude; Feels good about self - Morning Strut
2. A strong value system;
3. The basic skills needed for life;
4. Communication abilities; **CONNECT TO OTHERS** ie Mr. Froggy
5. The ability to love and be loved;
6. Acceptance of others;
7. The ability to laugh; and You Gotta Laugh
8. A sense of safety (Bunny Foo Foo/You Have a Boo Boo)

Music is a wonderful way to give these gifts to our children.

You Gotta Laugh (Start the Music)

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



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 (Music with Mar./Bk + 4)

Traditional song; fun, nothing valuable taught. Here's what we can do:

1. Validate that the mouse is hurt;
2. Tell rabbit "Look. 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.
 - a. This teaches there are consequences to negative behavior;
 - b. Allows mouse to feel safe and in charge of choices; and
 - c. You do not need to play with someone just because they apologize

Music can make children feel successful - no right or wrong

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



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 (Science with a Song DL/Hear Me Sing)

*Uses tune of "I Know An Old Lady Who Swallowed a Fly"

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 (My Mindful Music)

*More self-regulation

*Body control

*Follow directions

Ah! Breath (My Mindful Music)

*Relaxation technique

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

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 (My Mindful Music) 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

Let's Play Kazoo (Having a Ball with Music)

*Develops inner voice (ability to hear in your head without speaking)

*Vibrates bones in head; stimulates brain

*Confidence

*Strengthens mouth and air control

This Little Star (Songs at My Fingertips)

*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

Find the Gift in Every Child (Bk+4/ Mr. Froggy's Family)

*Remember the most important job you have - finding their gifts

*And having them believe you!!!