

Dear Parents

We have been having loads of fun with your child seeing all the things they can do by themselves in a theme called "Marvelous Me". They found great enjoyment showing me how big they are by doing things like labeling movements, playing instruments and even joining in on circle dances.

Your child participated in:

- **Circle Dances** - Circle dances are an amazing way to teach children to work together, follow instructions and for their social and emotional development. We first did a circle dance as a group which incorporated gross motor skills, labeling movements and following directions. Then we did a dance in pairs.



Children learn by doing. Fun activities that link developmentally-appropriate movement experiences with language are most effective for teaching concepts and vocabulary to your little learner.



- **Listening activities** – We heard a delightful story about what a little child could do called, "Head, Shoulders, Knees and Toes". We also listened to lots of sounds and even sang a song called, "I Hear a Sound". We heard a baby and children laughing, someone knocking on the door and a doorbell ringing. Then they had to differentiate between hearing a shaking, tapping and ringing instrument.



Listening activities help children move beyond simple hearing to purposeful, active listening. Children not only learn to become active listeners, but exercise their attention and auditory discrimination skills too.

- **Instrument Exploration** - We used a large variety of instruments to various songs like, "Skinnamarink", "Shake the Rattles, "Somebody's Knocking at my Door" and "Rig-A-Jig". Children love to explore and come up with a variety of different ways of playing the instruments. Just by giving your child praise for something they have shown you does a great deal for their self esteem. Have you noticed how much your child loves to play instruments?

Playing an instrument is a multi-sensory experience, engaging sound, touch, sight and movement all at once. When children are introduced to instruments early in life, they learn to use music-making as an avenue and outlet for their creativity and emotions.



- **Inhibitory control** – We moved by hopping, galloping, tiptoeing, etc and when the music stopped, we froze. The first thing a child can control is their body. That's why they love stop and start games.



- **Expressive movement** – We moved expressively to a song called "All Fall Down" where they had to move expressively to the music. They were wind up toys that danced around and when the music slowed down and went down in pitch they had to fall to the ground as they unwound. Then you wind them up again as they music slides from a low note to a high note. This falling down and standing up again, helps them to develop a sense of balance and pitch awareness.



Children love being the creators of movement and dance ideas, rather than imitating or following someone else. Encourage your child to come up with their own creative movements and have fun imitating them and doing them together. This is also a wonderful way of boosting their self esteem.

Yours in Music

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