



THE MAGIC OF MOVEMENT AND MUSIC

by

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Why use movement and music?

- Movement and rhythm is something that is familiar to us.
 - ♥ The first stimulus the fetus feels is the mother's heart beat and her movement.
- Dance/movement/music can be used to change the mood of the group, a particular child or YOU!
- Use music to excite, calm, celebrate or reassure.
- Movement is a learning modality.
- Dance and movement affect the whole being - - physically, emotionally and intellectually.

Why Arts Alive!?

It fosters

- ♥ Brain Development
- ♥ Communication Skills
- ♥ Experimentation
- ♥ Freedom Exploration
- ♥ Independence
- ♥ Spontaneity

It builds

- ♥ Agility
- ♥ Balance
- ♥ Cardiovascular Endurance
- ♥ Confidence
- ♥ Coordination
- ♥ Flexibility
- ♥ Self Esteem
- ♥ Strength

It improves

- ♥ Body Awareness
- ♥ Cooperation
- ♥ Creativity
- ♥ Life Skills
- ♥ Motor Skills
- ♥ Rhythm
- ♥ Social Skills
- ♥ Spatial Awareness
- ♥ Team Work

- It enables participants to experience Dance, Drama, Music, & Art
- It is accessible to all populations
- It stimulates children with various learning styles
- It provides opportunities for socialization
- It is non-competitive
- It is process oriented (not product or performance oriented)
- It is a creative outlet
- It is a healthy "escape"
- It makes you think & move & breathe & play—all at the same time

Get your Students UP and MOVING!

When one sits quietly for over twenty minutes, the heart goes into resting rate and the brain receives messages to slow down. When you get your students up and moving energetically, it sends blood and oxygen to the brain. If you do movement activities for short periods throughout the day, it will help keep your student's brains and YOUR brain **RECEPTIVE and ALIVE!**

The 13 Keys to Successful Movement Exploration

Preparation

Enthusiasm

Motivation

Give clear, simple directions

Start small

Use music

Use props

Incorporate creative drama and imagery

Be positive and accepting

Go with the flow and

Keep the flow going

Incorporate closure

Make it Magic!

Props that are Helpful and Where to Find Them

Scarves – Find them in your drawers. Ask your students' families. Ask your friends. Check out garage sales.

Streamers – Use surveyor's tape. You can find at most home improvement stores or order on Amazon.

Bubbles – The BEST bubbles are by GYMBOREE. Find them at www.gymboree.com or at their stores or play programs.

Hats – Find them in your attic, basement, closet, garage sales, second hand stores, or ask your friends & students' parents.

Sunglasses – Find them at Amazon or www.orientaltrading.com.

Puppets – Find them at garage sales or use old stuffed animals. Get teacher discounts at www.folkmanis.com (Best puppets!)

Hula Hoops – Find them at dollar stores, discount stores or toy stores.

Paint Brushes – Most Dollar Stores have sets of six multi-sized brushes for \$1.00!

Instruments – Find them at Dollar Stores, educational supply stores, Amazon and www.orientaltrading.com.

Mini Maracas – Create with film canisters or pill bottles filled with rice, beans or rocks. Seal with packing tape or super glue.

PVC Pipe – Buy small pieces of pre-cut PVC pipe for about 5 cents apiece at home improvement stores.

Aromatherapy Spray Bottles – Find bottles at Dollar Stores or Beauty Supply Stores. Scented oils are found in many places.

To include Arts Alive! classes at your school,
contact us at 713-699-9933 or at tina@artsaliveinc.com
www.artsaliveinc.com