**Listen and Move**

Use music that changes tempo, speed, levels, etc. Classical music (e.g. Vivaldi Four seasons) is always good for this.

Children initially move around the space in any manner they please, avoiding each other and other objects.

Next explain that the music goes faster and slower and we need to change our speed when the music does. This will help them learn the rhythm of the music.

Once they are confidently moving to the music’s rhythm allocate different movements to different instruments, i.e. moving on tiptoes when the music has a light airy feel and stop around when the music is full of bass or drums.

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**Benefits**

Supports the development of gross motor skills, balance, coordination, spatial awareness, body awareness, imagination.



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