

HEALTHY MUSIC FOR A CHILD'S HEART, BODY & MIND!

Energize and Rejuvenate Your Entire Classroom with
Brain-Boosting Music and Movement
Training Handout & Activity Sheet

CAN MUSIC ACTUALLY BOOST LEARNING?

Left Brain

VERSES

Right Brain

Intelligence/Knowing



Uses Logic/Safe



Facts Rule/Methodical



Reality Based/Practical



Scientific & Math Skills

$$E=MC^2$$

Persons Name/Listening

Français, English, Deutsch



Motivation/
Believing



Uses Feelings/
Risk Taker



Imagination Rules/
Creative



Fantasy Based/
Impulsive



Insight &
Imagination



Persons Image/
Daydreaming



The Learning Station

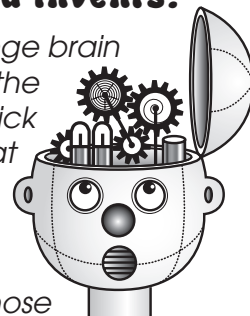


Connecting Both Hemispheres of the Brain Through Music and Movement

Ludwig van Beethoven expressed it best,

“Music is the electrical soil in which the spirit lives, thinks and invents.”

While research has proven that during an electroencephalogram (EEG), music can change brain waves and make the brain more receptive to learning. Music connects the functions of the right and left hemispheres of the brain so that they work together and makes learning quick and easy. Brain function is increased when listening to music and studies have shown that music promotes more complex thinking.



Here's what's going on...

The left and right hemispheres of your brain gather and process information differently. Those who rely more on the right half of their brain are apt to be more spontaneous, imaginative and intuitive. Right brain dominated people tend to be risk takers and think far outside the proverbial box. They display creative talents such as singing, painting and dancing. Left brain dominated people are organized and reveal a methodical, logical and analytical thinking process. Left brain dominated people also commonly excel at language, scientific and math skills. To foster a more whole-brained educational experience, provide equal presence to activities that connect both our right and left hemispheres of the brain.

Here are some simple ways you can provide for differences in your children's learning styles and the developmental process of both left brain (symbolic thought, logic, and analytical tasks) and right brain (images, analogies, auditory perception, and spatial relationships). Keep in mind, when we incorporate these activities into daily routines it is like exercise for a child's brain. These exercises will help develop the beginning foundation necessary for children to comprehend reading, science and math skills. The developmental processes formed in the brain during early childhood music and movement activities awards children a basis for advanced intellectual and cognitive tasks — leading to less frustration, better comprehension, and academic success.

Musical Activities & Thinking Games

Stimulate your children's creative process by allowing them to express their own interpretation and create new uses for materials



Offer children a variety of different objects such as scarves, hula hoops, bean bags, foam balls or rhythm sticks. Have children take turns choosing an object, making up a game, and then have them share their game with the group.

Bring music to your sand and water play table with The Learning Station's CD, *Sift and Splash*, a collection of participatory songs and activities that encourage creativity and promote science and exploration.



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Musical Dramatic Play

invite children to freely express themselves and apply their imagination in their play

The early years are the perfect time to expose your children to a wide variety of music. Offer a variety of music that children can select from and play in the dramatic play area.

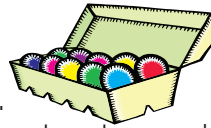
Form your own classroom band with real or improvised instruments (spoons, makeshift drums, shakers etc.)

Activity: Musical Egg Shakers

Objective: An activity that connects both hemispheres of the brain by combining math (left brain) and music (right brain) with the creative process.

Materials & Directions:

- ~ A variety of different colored plastic eggs.
- ~ Fill each egg 1/2 full with a dry ingredient such as beans, rice, sand, small shells or tiny pebbles.
- ~ Use a sturdy wide clear packing tape or hot glue gun to seal them closed.



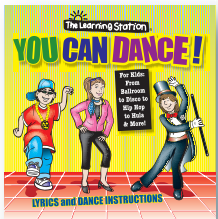
Math & Sorting: You can store these eggs by their color in real egg cartons. Mark each carton with a specific egg color and children can sort them by each color as they put them away. Use a different dry ingredient in each different colored egg and children can sort them by sound too.

Creative Movement

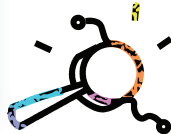


Encourage children to make independent interpretations of abstract ideas as physical movement by offering music activities that allow individual free expression.

Free dance to your favorite music. Enhance the creative experience by offering children scarves, hula hoops, or small instruments like rhythm sticks, shakers or jingle bells.



Perform the song, C'Mon Let's Dance, from The Learning Station's CD, **You Can Dance**, where the children interpret their own movements for fad dances like Jiggling Jell-O, The Falling Leaf, The Milkshake and The Cell Phone.



Offer instruments that children can play freely such as rhythm sticks, bells, tambourines and bongo drums. Contact local music stores for donations. Ask parents if they would like to donate to your music area.



Interactive Songs and Music

The use of words, rhymes and tempos assist children in memory and recall.

- During your morning meeting, instead of discussing the weather, season or day of the week you can clap, chant or sing it to a familiar tune.
- Recite a nursery rhyme every day before lunch.
- Chant a fun rhyme or song while cleaning.
- Do a meditation mantra in preparation for nap or rest time



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The POWER of a HANDSHAKE

Want to Set a Positive Pace for Your Entire Day?

It's believed that the handshake may date as far back as the 2nd century BC. Traditionally, people shake hands to communicate trust, friendship and equality. According to Child Development Specialist, Dr. Becky Bailey, "Our connection with others affects our biology, health and learning. Greet each other daily. It helps your immune and cardiovascular system, and wires your brain for impulse."

So let's begin our day, every day, by greeting our children with a handshake. Then have the children share a handshake with their friends. Such as:

Traditional Right-Handed Handshake:



Stand up, find a friend, hold out your right hand. Firmly shake as you look into your friend's eyes and smile.

Butterfly Handshake:



Lock thumbs with a friend. Flutter your fingers like a butterfly's wings and move your hands up and down.

Knuckle Knock:

Close your hand with your knuckles. Smile and gently tap knuckles with a friend.

Get Creative

and come up with your own handshakes. Here are some ideas to get you started:



Create your own fun greeting using a pattern of different hand jive movements. For example: 2 high fives, right hand high five, left hand high five. After you introduce the handshake have the children repeat it. Children can then take turns adding new hand movements to their hand jive.



Have children make their own silly handshake and share it with their friends. Name the handshake after each child. For example: Don's Super Silly Monkey Handshake

As you shake a friend's hand share a greeting such as "Hello" or "Good Morning". Share this greeting in another language. Here is "Hello" in a variety of other languages:

Hallo - German	Hola - Spanish	Bonjour - French	Namaste - Hindi
Ciao - Italian	Salut - Romanian	Hoezit (pronounced howzit) - South African	
Aloha - Hawaiian	Jambo - Swahili	Mambo - Congo	
Konnichiha - (pronounced as konnichiwa)	Japanese		

Form a circle, hold hands and chant this friendship song as you shake your neighbor's hands.

Make new friends,
but keep the old.
One is silver,
and the other gold.

A circle is round
it has no end.
That's how long,
I will be your friend.



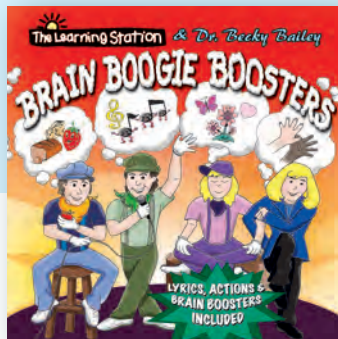
Greetings

From the CD, Brain Boogie Boosters



This song is a joyful way to start your day! Children are invited to sing along as they share a variety of fun and friendly handshakes. A great introduction tune for grownups too!

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"Music and movement is a part of every young child's life. Why not make those movements into brain-boosting experiences that help those little brains grow." ~ Dr. Becky Bailey

The Learning Station and Dr. Becky Bailey, an award-winning author, renowned teacher and internationally recognized expert in childhood education and developmental psychology have combined their unique, dynamic skills to create the CD, Brain Boogie Boosters. This multi award-winning, collection of 19 interactive, fun, brain-boosting movement songs and activities are designed to foster optimal brain integration. Included are engaging stop and go activities that improve attention spans, breathing and stretching songs to disengage the stress response, and connecting songs that enhance impulse control skills.

Songs shared during this presentation may include the following:

BOOGIE ROCK

Everyone sing the first verse in unison. During the Chorus touch your head, your feet, then shake, shout and rock to the beat. Follow the directions in each verse and keep doing that same movement throughout the Refrains.

Blues, blues go away. We want to sing and dance today.
Blues, blues go away. Brain Boogie Boosters are here to stay.

[Chorus] Get the brain boogie rockin' beat
From your head, down to your feet.
Everybody wiggle, shake and shout. yea
That's what this boogie song is all about.
Hold your arms up way high.
Cross your hands up in the sky.
Cross your ankles, bend your knees,
Wiggle down to the beat.

[Refrain] Wiggle down-Wiggle up-Wiggle down-Wiggle up
Shake it left-Shake it right-Shake it left-Shake it right
We clap to the beat. We step with our feet.
Brain boogie rockin' is really neat.

[Repeat Chorus]
Left hand to right toe, right hand to left toe
Twice as fast, now touch and go
Left and right, to and fro
[Repeat Refrain]

[Repeat Chorus]
Hold your arms down by your sides.
Jump up and down but not too high.
Cross your arms behind your back. Now, jump just like a jumping jack.
[Repeat Refrain]

Brain Booster from Dr. Becky Bailey

"Our connections with others affect our biology, health and learning. Greet each other daily. It helps your immune and cardiovascular system, and wires your brain for impulse control."

Dr. Becky Bailey says:

"Physical activity can prevent depression and learned helplessness by acting on the serotonin circuits. Get up and move!"



GREETINGS

Follow the directions of the song and sing with joy.

[Refrain] There is something fun we can do when we meet.
Some are silly; some are proper ways to greet.

Stand up tall, find a friend, and stick out your right hand.
Firmly shake and look them in the eye...

[Chorus] Turn your head from side to side,
Give a silly, almost proper sideways, HI!
Good morning! Buenos Dias! What's up? It's a great day.
I'm thankful to be with you.
Good morning! Buenos Dias! What's up?
I'm happy to (feel this way).- 3x

[Repeat Refrain]
Close your hand with your knuckles facing at a friend.
Now you both tap knuckles as you smile....
[Repeat Chorus]

[Repeat Refrain]
Right hand, to a friend's right hand, then lock your thumbs.
Flutter up and do the butterfly...
[Repeat Chorus]



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ITSY BITSY SPIDER

Slow, fast, faster, touch your pointer fingers to your thumbs by yourself and then use your one hand combined with a friend's hand while you are side to side, then switch sides.

Here's a song about a spider you should know.
It's the Itsy Bitsy Spider's younger bro.
Itsy Ditsy is his name. Silly movements is his game.
But we'll start with Itsy Ditsy Spider, slow.

[Refrain] The Itsy Ditsy Spider went up the water spout.
(it went up, it went up)
Down came the rain and washed that spider out.
(it came down, it came down)
Out came the sun and dried up all the rain.
(it came out, it came out)

Then the Itsy Ditsy Spider went up that spout again. (it went up, it went up)
The Itsy Ditsy Spider got wet.

Stand side to side. Lock elbows with a friend. Now use your other hands and we'll pretend.
Join spider thumbs and fingers. Move up and down – Humdinger!
In spider position till the end. **[Repeat Refrain]**

Dr. Becky Bailey's Brain Booster:

"Working together with a partner adds social complexity, which primes new learning and enhances the rate that the brain adds new cells. Two spiders are better than one!"

Safe and Calm

(Meditation)

Lie down or sit in a comfortable position.
Slowly close your eyes.
Let your arms gently relax by your side or in your lap.
Notice your breath flowing in and out.
Each breath says, I am safe and I am calm.
I am safe and I am calm.
Breathe in, have your belly go out.
Breathe out, have your belly go in.
Breathe in, have your belly go out.
Breathe out, have your belly go in.
Breathe in, have your belly go out. I'm safe.



Dr. Becky Bailey's says:

"Being at peace, breathing, and feeling calm and relaxed requires the CEO of the brain (the frontal lobes) to quiet the rest of the brain. Strengthening the frontal lobes improves our ability to pay attention and be engaged."

Breathe out, have your belly go in.
I'm calm and full of love.
Relax your feet. Feel them melt.
Relax your legs. Feel them melt.
Thank your legs for their gifts.
Breathe in, have your belly go out. I'm safe.



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Music and Lyrics by the Learning Station

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