

Music and Movement

Use music to generate emotions for discussion and promote self-expression through movement



YOU NEED

- Songs and/or music
- Dance props (scarves, ribbon, hats etc.)

TOP TIPS

- Provide access to a variety of instruments (bought/made) within provision so children can dance independently
- Explore different dance movements together e.g. clapping, foot tapping, jumping, crouching down, skipping, swinging arms, nodding head
- Find a wide range of music such as classical songs, nursery rhymes and well-known songs from children's films

INSTRUCTIONS

- Select some songs or music that convey different emotions.
- Listen to the first piece of music together and discuss how it makes us feel, remembering to name and label emotions.
"Is this a happy or a sad song?"
- Then, move and dance to the music together with props – what movements and facial expressions go best with this music?
- Talk about what the movements the children are creating tell you about how they are feeling.
"I can see this music makes you feel happy because you are smiling and jumping."
- Repeat with the other pieces of music.
- Emphasise that we all respond to music in different ways and one song won't make everyone feel the same way.
- Recap and name all the different emotions that we felt during this activity.