

*Learning together...*

**Curriculum Area:** Arts and Expression |  
Movement

**Recommended for:** 2 years plus

**Learning Activity:** Music and Movement

## Big Idea:

How can we express ourselves?

## What to do:

Ask your child to choose their favourite song or put on some music of their choice. Encourage your child to sing a long, have a dance, do actions, or move freely. Use props around the house such as tea towels and scarves for children to use with movement or use dress ups to make the performance extra creative. Further extend on this experience by making your own music by using pots and pans and utensils. Be creative with what you have within your home.

## Benefits:

- Encourages physical development
- Increases sensory development
- Literacy
- Coordination
- Memory and recall
- Promotes a feeling wellbeing
- Hand eye coordination

## Links to Early Years Learning Framework

Outcome 4: Children are confident and involved learners

Outcome 5: Children are effective communicators

