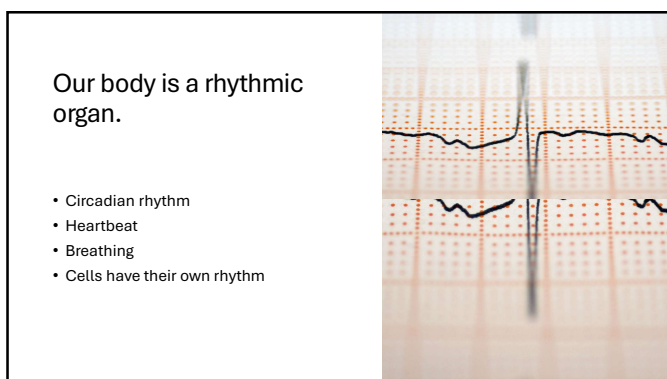


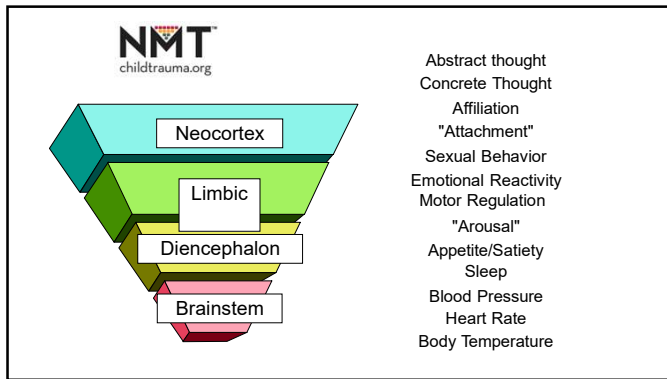
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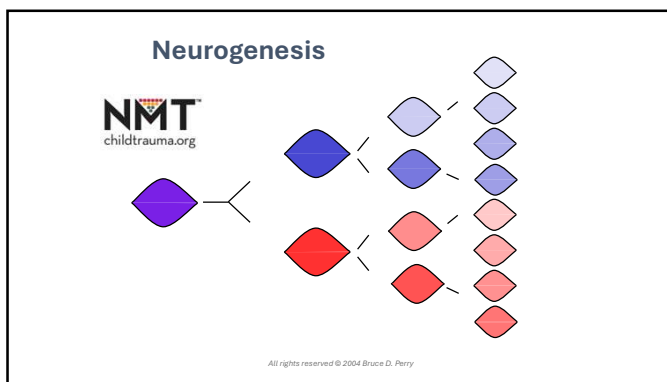
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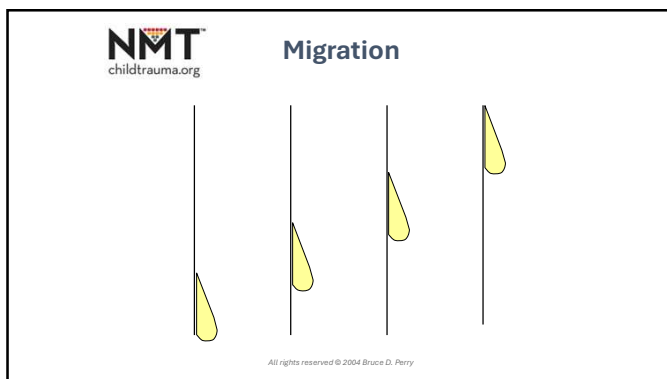
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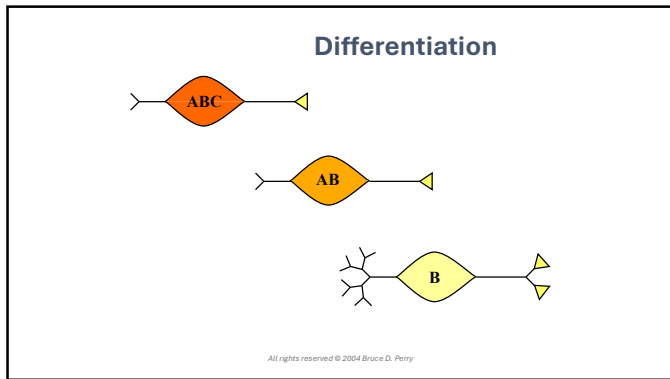
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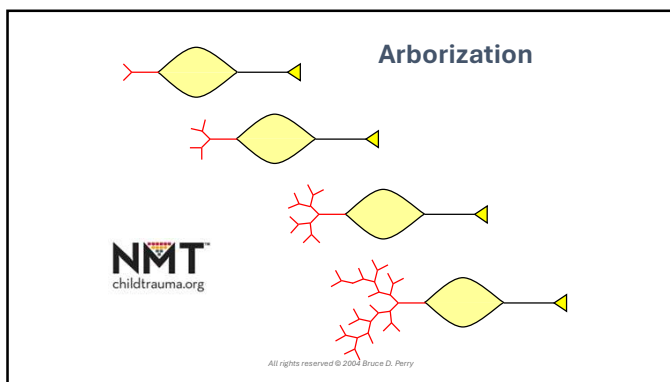
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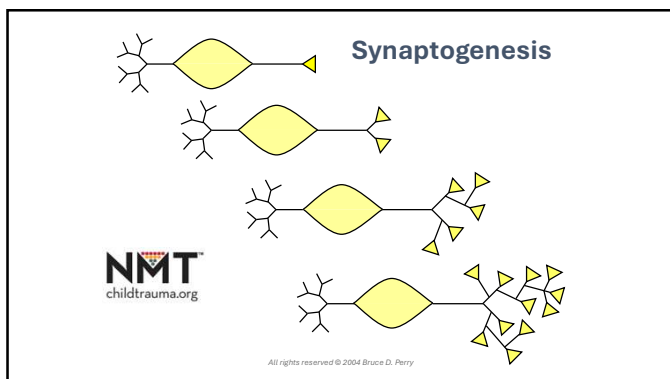
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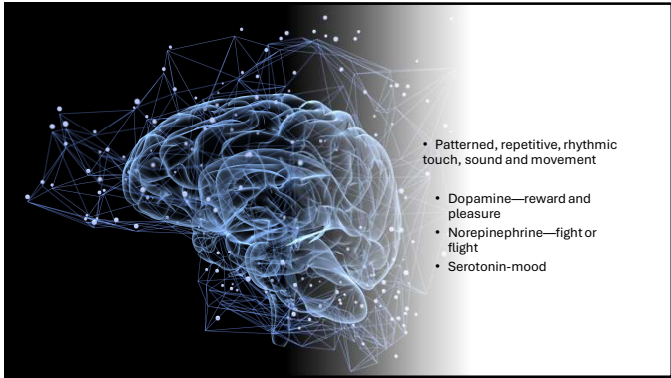
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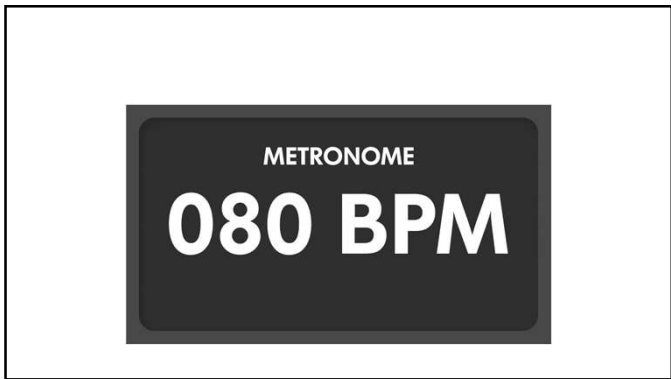
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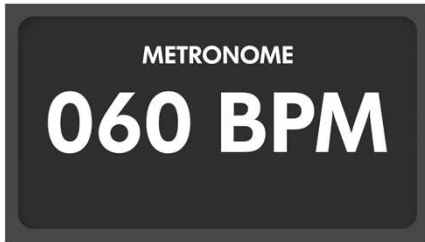
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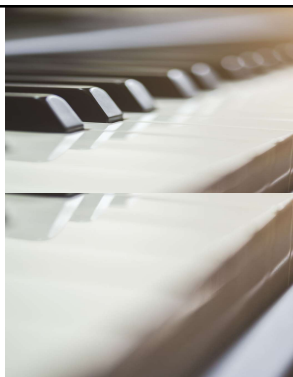
Creating a Rhythmic Environment

- Create a consistent schedule and predictable routines.
- Greet children with a song; send them out the door with a song.
- Read rhyming stories.
- Sing and use music for transitions.

14

Social and Emotional Benefits of Rhythm

- Rhythm is the language of emotion.
- It activates the reward center of the brain.



15



Rhythm bonds people together.

When children move in sync it engenders positive emotions (Kraus, 2002).

The degree to which someone likes another is linked to how well we synchronize our movement.

Music is like a magnet and creates a sense of community.

16

Connects movement,
thinking, feeling and sensing.
Dancing



17



Experiences of Interpersonal Motor Synchronization

- Dancing
- Singing
- Marching
- Tossing a ball
- Walking
- Clapping

18

Group Games

- Teaches children what it means to cooperate
- Teaches children what it means to belong
- Is a tool for teaching self regulation





19



20

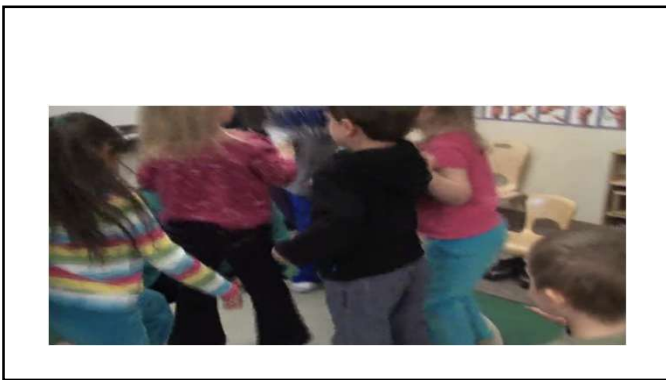
Musical Games

- Sally Go Round the Sun
- Hokey Pokey
- In and Out the Windows
- Farmer in the Dell
- London Bridge
- Here We Go Round the Mulberry Bush
- Motor Boat, Motor Boat
- Ring Around the Rosie
- Did You Ever See a Lassie
- Pop Goes the Weasel

21



22



23

Rhythm and Cognitive Skills

- Increase in sound processing corresponds to increases in verbal intelligence, reading and cognitive skills, attention, memory and auditory processing vocabulary

24

Lower SES and Sound Processing

- Impoverished auditory environments effects how the brain processes sound.
- Lower literacy levels and cognitive abilities.
- Noisier neural activity in the absence of stimulation—leads to inefficient auditory system.

25

Rhythm and Language

- Language is a rhythmic experience
- Babies pick up on the cadence and rhythm of our voice before they can express in words.
- Sing to babies and toddlers all through the day.

26

Reading and Rhythm/Music

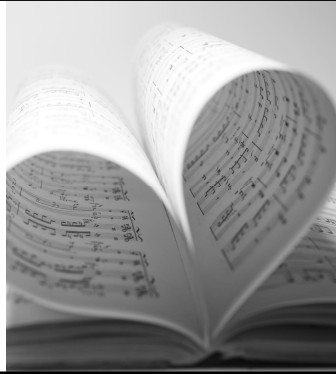
- Beat synchronization, preliteracy skills and auditory processing are linked.
- Children who have beat synchronization perform better on phonological awareness, short term auditory memory, rapid naming of objects and colors, perception of rhythm.



27

Beat Keeping and Reading

- Beat keeping and rhythm pattern skills predict language and reading ability (Tierney et al., 2017)
- Children who recognize differences in rhythm patterns and tap to a beat learn to read and spell more easily (Tierney and Kraus, 2013)



28

Rhythm and Executive Functioning

- Rhythmic experiences develop impulse control in young children (Wang, 2024)
- Beat synchronization associated with sustained attention (Tierney & Kraus, 2013)
- Rhythmic experiences associated with selective attention, flexible thinking (Zuk et al., 2019; Putkinen et al., 2015)

29

Research Based Experiences

- Body percussion
- Adaptation of a familiar song
- Moving to the beat with large motor movements
- Playing to the beat with rhythm sticks or other rhythm band instruments
- Dancing to the beat of a song
- Moving and then calming

30

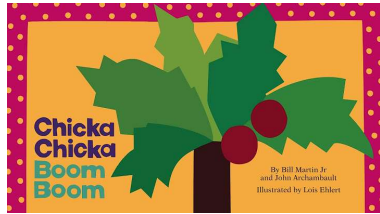
Use Rhythm to Create Emotional Safety and Regulate Children

- Engage a distressed child in something rhythmic.
- Rock distressed children in a rocking chair.
- Jumping on a mini-tramp
- Tossing a beach ball back and forth
- Running and walking are rhythmic



31

Read Rhythmic Stories



32

Rhyming Stories

- | | |
|-------------------------------------|---------------------------------|
| • Dr. Seuss | • Chicka Chicka Boom Boom |
| • A House is a House for Me | • Giraffes Can't Dance |
| • This is the House that Jack Built | • Little Blue Truck |
| • Wonkey Donkey | • Llama, Llama Red Pajama |
| • Jamberry | • I Can't Said the Ant |
| • Goodnight Moon | • Zin Zin Violin |
| • Sheep in a Jeep | • Madeline |
| • Brown Bear, Brown Bear | • Giggly Wiggly Playtime Rhymes |

33

Story Song Books

- What a Wonderful World
- Singing in the Rain
- If You're Happy and You Know It
- There Was an Old Lady Who Swallowed a Fly
- There's a Hole in the Log on the Bottom of the Lake
- Baby Beluga
- The Itsy Bitsy Spider
- He's Got the Whole World in His Hand
- Over in the Meadow
- Down by the Bay
- The Wheels on the Bus
- I'm a Little Teapot
- Twinkle Twinkle Little Star
- Take me Out to the Ballgame

34

Rhythmic Equipment



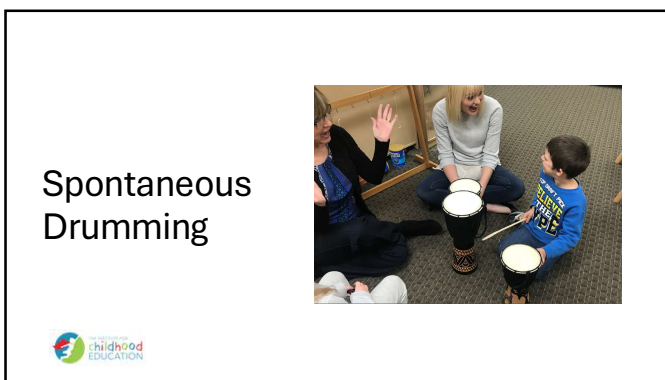
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38

Introducing Rhythm Sticks

- Practice with hand clapping
- Practice with fingers
- Demonstrate use of sticks
 - Quiet position
 - Form letter "t"
 - Play sitting down
 - Play standing up
 - Play marching



39



40
