



## **Classical Moves...Classical Music For Learning, Listening and Too Much Fun...Tots -2<sup>nd</sup> Grade**

*What makes us think...Makes us move...Jean Blaydes Madigan...  
Where words fail, music speak. H.C. Anderson...Music is the soul of language-Max Heindel...  
Music is the universal language of mankind. H.W. Longfellow*

### **Benefits**

- Organize and sequence
- Explore personal and general space
- Listen to and learn great works of music otherwise not exposed to
- Discover inner feelings
- Memory
- Enhance senses
- Inspire creativity
- Stimulate thinking skills
- Impact on emotions-strong music-related connections and understanding of emotions
- Help instigate pathways in the brain that encourage spatial development
- Experience difference in rhythm, changes in pitch, dynamics, energy, flow

### **Studies Tells Us**

Institute of Education, University of London

- Boost concentration and self-discipline
- Improves listening and social skills
- More likely to appreciate wider range of music in later years

<http://www.dailymail.co.uk/sciencetech/article-2536032/Playing-classical-music-baby-improve-listening-skills-later-life.html>

Brigham Young Researchers

Found that when a group of children with attention-deficit/hyperactivity disorder (ADHD), ages 7 to 17, listened to three 40-minute recordings of classical music a week, their brain waves moved to higher levels that allowed them to focus more on tasks while they listened.

<http://www.parenting.com/article/healing-tunes-the-health-benefits-of-music>

## Studied Effects of Classical Music on the Brain

Emotional expression in music and speech affect the brain similarly... " *Studies show that music, including classical arrangements, has the ability to send chills down your spine or make your heart swell with joy through its use of different musical modes.* "

*Music is the shorthand of emotions. Tolstoy*

Help with sleep... " *The study showed that listening to classical music helped participants fall asleep faster and stay asleep longer, even those who regularly wake up during the night. Classical music is an effective sleep aid because it uses rhythms and tonal patterns that create a meditative mood and slow brainwaves. The most effective pieces in getting participants to sleep were works by Brahms, Handel, Mozart, Strauss, and Bach.* "

May foster brain development in children... " *can help children develop spatial and verbal skills and can also foster self-control.* "

Exerts a calming effect... " *classical music produces this calming effect by prompting the brain to release dopamine (a hormone associated with pleasure) and inhibiting the release of stress hormones.* "

Babies may grow faster in response to classical music... " *(Premature) The babies who listened to the music grew far more rapidly than those who weren't exposed to the music.* "

May alter brain waves... " *The study, demonstrated that the group of children who listened to classical music for one hour a day over a six-month period exhibited changes in the alpha rhythm frequency band and greater coherence between different regions of the cerebral cortex, both indicating greater levels of relaxation. More striking perhaps, is that these changes in the brain and brainwaves occurred in a passive listening setting where children were not required to pay attention to the music.* "

*Source:* <http://www.drjoetoday.com/ten-studied-effects-of-classical-music-on-the-brain/#sthash.th74Q4td.dpuf>

### Tips for Presenting Activities and Group Management

- Present in bits and pieces, over several days or weeks, rather than all at once.
- Leave expectations of mastery at the door. Children may have different levels of interest and response.
- Not actively participating is fine.
- Do, model more than talk or give instructions.
- Provide a piece of music that children can choreograph together.
- Stop before they tire.
- Send music home whenever possible.

## Activities Provide Exploration of Many Elements

- Steady beat
- Fast-slow
- High-low
- Heavy light
- Rhythm
- Syncopation
- Pattern
- Energy, flow

### YouTube links

Handel: Statues & Movers-Queen of Sheba

[http://www.youtube.com/watch?v=UPPk9r6ZY\\_c](http://www.youtube.com/watch?v=UPPk9r6ZY_c)

Mozart: Dancing w/Baby

<https://www.youtube.com/watch?v=N70mIthfeHE&feature=youtu.be>

Verdi: Hammering-Anvil Chorus

<http://www.youtube.com/watch?v=5L6ZBIuUUY4>

St. Seans: Take Dino for Walk-Fossils

<http://www.youtube.com/watch?v=46Kv0vZL4HE>

Rossini: Giddy-Up-William Tell Overture

<http://www.youtube.com/watch?v=2Opz34eeIiw>

Delibes: Tiptoe Dance-Pizzicato

<http://www.youtube.com/watch?v=OF5SlkGrvrQ>

*We see the world clearly when we are children & then spend the rest of  
our lives trying to remember what we saw.  
Garrison Keillor*