

KEYNOTE

Just For You and Singing Games for the Children Too... Child Care Resources Early Childhood Conference... Kalamazoo, MI October 22, 2011

Everybody is a genius. But, if you judge a fish by its ability to climb a tree, it will spend it's whole life believing that it is stupid. Albert Einstein

As early childhood care providers and teachers, we are here because we love young children. I can't imagine any other reason for why we do what we do. We attend conferences to keep up with the latest research, learn methods and materials from the experts and network with our peers for support and new ideas. In our quest to be the best educators we can be, we might forget to take care of ourselves, take a walk or take time to just be.

I am thrilled to be here with you today to share this special time just for you to relax, rejuvenate, renew and relieve stress. To alleviate any possible guilt, I have incorporated some activities to take back to your childcare setting or classroom too. In these challenging times, a simple song can help slow things down and bring everybody together.

By providing a rich musical environment, for the precious ones in your care, your health will be impacted too. You will be more alert, productive, efficient and able to get through your day less stressed. Music has the power to change cranky to calm in an instant and can be your best friend.

What you do is the most important job I know of. Many children in your care get their first view of the world from you. They learn about love and trust from you. Thank you for what you do. You care for the children and many of you take on other child related activities on the weekends.

So when do you take care of you? It's vital for continued good health and peace of mind that we take care of ourselves. To be the best we can be, we need to be conscious of what we eat, to get enough sleep, plenty of exercise, and program stress management into our daily routine. Our health and frame of mind is what will keep us going. Stress will stop us in our tracks.

No time, you say. I say, we all need to make time. Use it or lose it. Did you know just standing up increases blood flow to the brain and function by 15%? So get up! Stretch for 5 minutes right out of bed. Stop during the day and take some deep breaths. You can even do it with the children. Try not to spend your free time cutting shapes etc. for the children. You are doing their work and you can be using this time to sit under a tree, take a walk. You need time to dream and just be; just as the children do. While you are getting healthier, you might even get smarter. You have nothing to lose.

Research tells us how music and movement affect all domains of development and nourish the brain. For children, it's a natural part of childhood. But many adults are not comfortable singing or are afraid of movement or losing control of the children. Do not be afraid! You can do it and you must! No other component of your curriculum, not even reading, impacts the whole child, simultaneously, almost all at the same time. And now we know it's not just for the children, it's for everyone.

So, when all else fails. Try Singing a Song and Dancing Along. It really works. No talent necessary.

Put on a waltz and bring out the scarves. Share Laughter, Hugs and More.

Music speaks what cannot be expressed. Soothes the mind and gives it rest. Heals the heart and makes it whole. Flows from heaven to the soul...Source Unknown

Tune: Are you Sleeping? Watermelon (2) How it drips (2) Up and down my elbows (2) Spit out the pits (2)

What will I do everyday to help enhance the physical, cognitive, emotional & social well-being of every child? Pam Schiller

What have we just accomplished?

- Had fun
- Listened
- Nourished brain
- Integrated right and left hemisphere of brain
- Crossed midline & bi-lateral movement
- Eye hand co-ordination
- Problem solving
- Working together
- Feeling competent
- Finding balance

**DRINK WATER IN THE MORNING
AND THROUGHOUT YOUR DAY**

Other benefits of Music Making

- Instills emotional well-being
- Contributes to social competence
- Strengthens adult-child bond
- Fine tunes motor skills
- Supports learning, listening, literacy
- Body awareness-Grounding
- Opportunities for turn talking
- Safe environment to make mistakes
- Allows for self-expression, creativity & imagination
- Reinforces preverbal & expressive communication
- Strong language-movement connection
- Supports phonemic awareness
- Builds sense of community

Hello neighbor. What do you say? It's time to start a brand new (gonna' be a happy sunny-rainy) day. Jump up high. Boogie on down. Bump your hips and turn around. Flap your wings. Knock your knees. Wiggle all over and sit down please.

Our Job Is

- To help children know emotional well being social competence
- To get children engaged and excited about learning
- To listen
- To remember that childhood is a journey
- Not to rush childhood
- To let children play
- To build relationships
- Not to focus on academics
- To give children space to just be
- To allow time to day dream and think
- To remember that children's needs have not changed, but adults have

Music matters. It lays foundation for learning social & emotional success, strengthens the child-caregiver bond, builds community & creates lifelong memories. Music is essence of order and lends itself to all that is good, just & beautiful. Plato

Jingle, jingle, jingle, jive. Let's stop _____ when we count to five.

Dance around (7) Hold up your arms...fly like a bird, like a birdie flies....Dance Around-Woody Guthrie

Little birdie in your nest, little birdie time to rest. When the sun comes out to play. Little birdie fly away.

Little birdie in the sky. Little birdie fly fly fly.

Fly fly little bird (3) all around the sky. Tune: Twinkle Twinkle-Gari Stein

Infinity 8s integrate both hemispheres of the brain to bring balance and calm. *I love the flowers. I love the daffodils*

Just by standing up increases blood flow to brain and function by 15% STAND UP IF...

IF can't wait to get out of bed on Monday morn & get to work early...

IF having too much fun at work lately...

IF you think music can't help get you through your day...

IF your happy shoes are getting worn out...

IF bogged down in the paperwork shuffle...

IF caught up in race of making children smarter faster & getting them ready for kindergarten...

IF find some of the parents challenging sometimes...

IF you remember why you went into this field in the first place...

HEY HEY...HOW'S YOUR DAY?

Give flight to your obstacles...Lost your you? Everyone has a voice... Finding passion...

Empowering Postures

- Endless worry about tact and politeness i.e. inconveniencing others, is anxiety producing and disempowering.
- Not saying to spend day being tactless and impolite, but not to the point of taking everything on and losing your sense of self.
- Talked about body language and we use our bodies to think...Reaching UPWARD makes it easier to recall positive memories while reaching DOWN draws negative memories to mind.
- A POWERFUL posture from the tilt of your head to the turn of your toes-sparks a biochemical reaction in your body that makes you more powerful...in other words FAKE it till you make it.
- By changing how you use your body, you can change your psychology and the circumstances of your life.

The Confidence Game by Siri Carpenter - O Magazine September 2011

*This is my trunk. I'm a tall tall tree... The Tree Song-Lorraine Lee Hammond...My Aunt Came Back-Traditional
Scatter Circle Dance-Cotton Eyed Joe... Circle If. It. In- out. Shout Scatter-do some movement w anyone. Shout circles. Make new
circles. Repeat several times. Everyone swing someone at the end.*

Children Need to Play

Best way to prepare children for their adult life it to give them what they need as children. Tina Bruce

Children love their play-not because it is easy, but because it is hard. Benjamin Spock

We don't stop playing because we grow old. We grow old because we stop playing. George Bernard Shaw

The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with objects it loves. Carl Jung

Childhood needs play. It is increasingly clear through research on the brain as well as other areas of study. Tina Bruce

What does your early childhood setting look like? Is there lots of room for children to move and make choices or is it cluttered with tables and chairs? In the olden days; a long, long time ago when childhood was a journey and not a race, an early childhood setting found teachers singing, playing, reading books, making art, spending time together, being silly and having lots of fun: with no academic achievement in mind.

For much too long, the media seemed to be dictating what children need to make them smarter faster. It appears, hopefully, that our society is moving away from the academics in pre-k and focusing more on children's work, which is their play. The needs of children have not changed, just the adults. Children need to be safe, to know love and trust. To be sung and read to, open ended art. Opportunities to problem solve and create. Time to just be.

When children play, they construct, experiment, explore, make theories and test them. It feels good to master a new skill. How can children develop cognitively if their emotional-social component is not stable? When children are not pressured into the academics before their brains are ready, their world becomes less stressed and so does ours. Less stress=better health for everyone.

Divertimento-Mozart... William Tell Overture-Rossini

Hope you are motivated to step out of your comfort zone and try something new on Monday. With music & movement as safe vehicles for self-expression, you will have positive results no matter the outcome. And don't forget to drink water throughout your day. Children too.

Did you know?

- Infinity 8s integrate the right and left hemisphere of the brain and bring balance
- Information travels to the brain-forward & back, up & down, side to side. *Jean Blaydes Madigan*
- Learning and recalling can be enhanced by setting a positive mood with music. *De l'Etoile 2002*
- The cerebellum is larger in musicians by up to about 5%. This suggests that finger exercise (as used in fingerplays for younger children) may prompt additional nerve growth. *Schlaug et al 1998*
- Music & movement activities provide a vehicle to teach steady beat. Steady beat is linked to adequate linguistic development. This should be in place before Kndg. Less that 50% adults can keep steady beat and 10% of kindergarteners.
- One song can appeal to all 8 of multiple intelligences *Howard Gardner*
- Children who lack play and touch have 20-50% smaller brains *Perry 1998*
- Standing can increase heart rate (blood flow) as much as 5-8% *Krock & Hartung 1992*
- The brain and the hearts are electrical and need water and oxygen to run effectively. Getting physically involved in a good song helps both organs.
- Children exposed to singing dancing and instrument playing exhibited increased antibodies. *Lane 1992*
- The brain develops as it wires. Only way it can wire is through senses as it experiences the world. Novelty wakes it up. Repetition is crucial. Experience wires and repetition strengthen the connections. Environment plays major role in optimizing brain development. 70 % is related to environment. Music offers opportunities for wiring on both sides of brain. *Pam Schiller*
- Dopamine can be released through music listening. *Sufoo and Akiyama*

Let's play our kazoos. (2). Let's stand up & blow. Bend way down low. Lean to one side Turn & we'll hide. March while we blow. Round, round we go. Turn round n around. Stop when we sit down....Tune: Skater's Waltz

Benefits of Playing Kazoos

- Vibrate the bone structure in your head energizing the brain
- Teaches music as a tool for emotions
- Self-concept, easy to play
- Helps to develop inner voice
- Planning skills. What do I do next? How do I make that sound happen?
- Fosters creativity
- Helps with speech. Need to learn to support with air to get sound. *MaryAnn Harman*

Leaving A Legacy-Am I taking up space & going through the motions or really involved ?

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that one missing drop. -Mother Teresa. . .I am only one, but still I am one. I cannot do everything but still I can do something. And because I cannot do everything I will refuse not to do something that I can do. -Helen Keller

Little drops of water. Little grains of sand. Make a mighty ocean. In a pleasant land. Mrs. J.A. Carney

Relaxation and Cool Down...Music and Techniques

This little wind blows silver rain. Drifts snow. Sings whistle tune. Moans low. Rocks baby birds. Tenderly to & fro.

"Let us realize that the privilege to work is a gift. The power to work is a blessing and love of work is success".

David O. McKay

10 Ways to Reduce Teacher Stress-Needless academic pressure=stress for children & for us

1. Take time for yourself. Do something that doesn't involve teaching or work.
2. Find a colleague who you feel you can talk to. Can help ease frustrations.
3. Do deep breathing. Say to yourself 'inhale 1 exhale 1'. Do this until 10. Breathe from stomach. Take breath-hold-count to 6-exhale.
4. Share laughter with your students. Find small ways to not take self so seriously. Have joke of the day, sing silly songs, have laughing contest.
5. Write down list of accomplishments that you have had as an individual and as an educator. If having bad day, read list and reflect on all the positive things you have done.
6. Close eyes-visualize relaxing scene. Use all senses.
7. Engage senses. Find something beautiful in classroom that can look at whenever feel stressed. Keep lotion handy. Applying, can reduce stress and scents can lift mood.
8. Stress tightens muscles. Engage in activities to loosen throughout the day. Take quick walk around building or get children involved in stretching or yoga.
9. Remember why you teach. Why you started in the first place.
10. Learn to recognize your moods. Notice different physical signs of stress. Be aware of thoughts that can go with stress. www.clas.wayne.edu/unit-inner.asp?WebPageID=3254

More info: www.teachersbusiness.com/teacher-stress