



*I hear & I forget-see & I remember-I do and I understand-Chinese proverb...Children have to involve their bodies as well as their minds in order to understand the world & experiences. If he may not engage his body, As well as his mind, he will switch off. Ambron...Childhood should be a Journey-Not a Race... Childhood is life's 1<sup>st</sup> gift. Play it for all it's worth. Play if often. Play to know: Discovery, wonderment & delight. All children are gifted. Some just open their presents later than others...Unknown*

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

## **Music That the Seasons Bring: Summer, Fall, Winter, Spring**

In our hurry up dot com world, we may not be tied to our environments as in past generations. We tend to be over scheduled, over structured, and sometimes overwhelmed. In days gone by, celebrations of the seasons traditionally contributed to the integration and stability of communities and societies.

The goal of this presentation is to help connect or reconnect with the natural seasonal cycle of life. Not everyone observes the same holidays, but the seasons are part of all of our everyday lives. Celebrate through music, poetry, art and stories. Invite families every season for a potluck gathering.

This workshop may not be based on scientific research, but celebrating the seasons can help to us balance and find our center, our sense of self, family and community. By having opportunities to explore nature we provide children with experiences to build memories that give real and lifelong joy. Outcomes may not be documented in a lab but the essence of children will be supported by the wonder and sheer delight of the children as they celebrate the seasons.

Children need to play. Their needs and developmental milestones, have not changed in 100 years. We need to stop trying to change the way that they learn. Children need to know love, safety & trust, to be read and sung to, open ended process art, opportunities to problem solve & take risks, know emotional well-being & social competence. The current emphasis on the academics rushes children before brains are ready and is just not in their best interest. The media encourages us to make children smarter faster, but studies have shown, it doesn't work. What's the rush?

I am thrilled to see outdoor/forest schools sprouting up across the country. Children need to play. We need to get chairs out of the early childhood classroom and children outside playing. What makes us think, makes us move. Every minute a young child sits in a chair is one less minute of creativity and learning.

Worksheets waste precious time in childhood. Children can know their letters upside down, backwards and forwards, inside and out, but if they don't feel good about themselves, aren't able to self-regulate, nurture their creativity, take risks or cannot get along with their peers, the academics will not serve them well.

It is up to us, to let the children play. Sing and read with them, provide materials for process art, write down their stories and tape record their songs. Turn off all devices and turn to the children. They desperately need their childhood and we are taking it away sooner and sooner. Celebrating the seasons is celebrating is nurturing families and celebrating childhood.

Remember my motto. When all else fails, try Singing & Dancing. It really works. No expertise needed!

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*Resource: Festivals, Family and Food-Diana Carey and Judy Lange*

*Crawling/walking, rolling in both directions, jumping, spinning, skipping is reading readiness. Blaydes Madigan*

*Activity guide for art, music, science and much much more on Workshop Handouts page on web site*

*Suggestions for Drama-Let children make up stories, add movement, props, music and instruments*

*Most songs can be found on the Sing With Me Cds. If not, words are on handout, email me for recording.*