



What We Give Them
Today
They Will Keep
Forever



People who have learned to play music—at any point in life, including young childhood, enjoy brain benefits that last a lifetime. *Journal of Neuroscience* 11/2013



Playing a musical instrument
decreases Alzheimer's / Dementia
by 69%.

(Churchill, 2002)

I Love this
Brain Fact!!!





The vestibular system
shuts down
without movement

It becomes boring and ineffective when the same teaching pattern extends for a long period of time.

Teachers need to switch things up to keep everyone involved.

Different children learn different ways, but all children need to move!

Music is the easiest and best way to make that happen.



Moving the head activates vestibular system. This carries impulses to other parts of the brain. When we don't move, we do not take in information. This is why children love to spin. (As adults, it takes longer to get back to a state of equilibrium because of thicker fluid in ear canals.)





It takes just four minutes of physical activity to help a child focus for at least 50 minutes of classroom learning time, according to a recent study from Queen's University in Canada. 2014



Moving to an irregular rhythm improves brain plasticity.

(Dr. John Ratey)

Afro Cuban / Salsa beats can benefit the brain by about 20% more than Mozart! (Parsons, 2006).



SVA is the ability to stay focused on relevant visual input and keep other input suppressed. It is critical for learning.



SVA improves significantly after an acute session of aerobic exercise. The improvement was greater for children from low income families
Tine & Butler 2012

Maerobics is a fun way to work on this!

SVA is selected visual attention

Teacher Tip Tuesday



A study from the UK shows 4/5 yr olds cannot do basic physical movements like crawling or standing on one leg. The deficiency seems to be linked to poor academic achievement.



**Keep
Movement
in School**



**Basic physical skills lead to better
cognitive skills**

**Writing skills are strengthened by
crawling and manipulation**



Teacher Tip Tuesday



Strengthens self-control

Mindful breathing regulates
breathing

Reduces stress

Lowens anxiety

Creates a positive mood



In a two year study at the Univ of Switzerland Dr. Spychiger found that children with more music in their studies learned to like each



other more,

enjoyed school more (as did the teachers) and were less stressed during testing





Music helps children explore emotions. The more emotions we expose them to, including uncomfortable ones, ie fear, sadness the more capable they are of dealing with them when they happen. Peter Alsop calls this "putting tools in their toolbox".

Teacher Tip Tuesday



Teaching about emotions increases EQ



Using puppets,
activates motor neurons

Vocabulary

Allows exploration

Develops Empathy



With music instruction in schools,



teachers found students were less aggressive.



“When children are feeling upset or are behaving irrationally, they can recover their ability to function well if a parent will offer closeness and caring while they cry, tremble and perspire, tantrum or laugh...As the parent stays close, the child offloads the irrational feelings, and his sense of connection is restored.”

~Patty Wipfler

Reaching for Your Angry Child

Singing with / to a child helps to calm the child and also teaches what a simple coping tool music can be.



Hugging is good medicine.
It transfers energy and gives
the people hugged an emotional lift.



You need four hugs a day for survival,
eight for maintenance and
twelve for growth.

Scientists say hugging is a form of
communication because it can say things
you don't have words for.

And, the nicest thing about a hug is that
**you usually can't give one
without getting one.**



**ALL OF THOSE
INNOCENT FIELD MICE**



**AND I JUST BOPPED
THEM ON THEIR HEADS**

WeKnowMemes

Turn Bunny Foo Foo
into a positive lesson

1. Validate mouse
2. Say "Look. He's crying"
3. Instruct child to say "You're crying because I hit you"
4. Allow mouse to choose whether he is ready to play with BFF



- *“Postponing codework until age 8 will insure that most children have the neurologic capability to grasp the reasoning behind symbol systems. The emphasis on early acquisition of reading, writing, math and other symbol systems may actually cause children to develop awkward and inappropriate methods of understandingencourages meaningless memorization of facts....may force code skills to be developed in the rear associative areas, which is not as beneficial to future cognitive developments as involving the frontal lobe structures in the process.”*

**These children are
learning to read!**



**Dr Sebastian Suggate conducted
research at the University of Otago in
09 and found there was “no difference”
by age 12 in the reading ability
between the early
and later starters.**



Teacher Tip Tuesday

Nat'l Reading Month



Children still love a good book

**Bond with
the reader**

No technology needed



**Imagination is guided by
words and pictures**

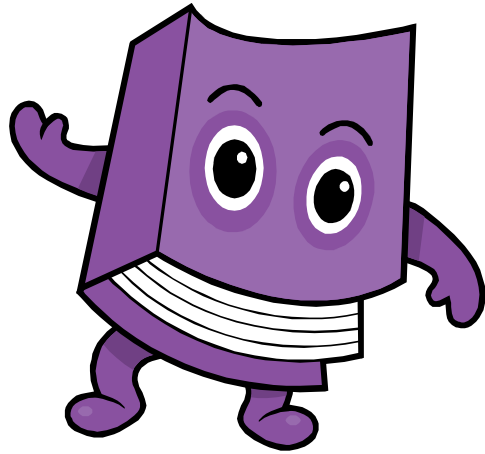
**Prediction-
what comes
next?**

“Can I see?” leads to desire to read

Wide-mouthed Bullfrog"

- Children will love learning when learning is fun and interactive;
- Fun books make children want to read;
- When reading with children, stay in relatively one place.
 1. Children with attention problems will not be able to focus when you move
- Activities will keep vestibular system activated





Books & Music Go Beautifully Together



***Music enhances learning because it uses both sides of the brain.**

*Studies show the use of drama has an impact on retention even into the next activity.

***Children who participate in chorus groups increase their reading scores**

*Meets Standard requirements - storytelling

Teacher Tip Tuesday

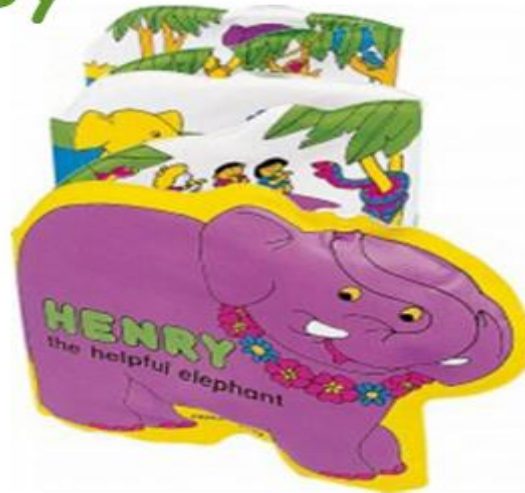


**Surprise
ending!**

**Henry the
Helpful Elephant**

Safe for a baby

**Science
"What
makes him
squeak?"**

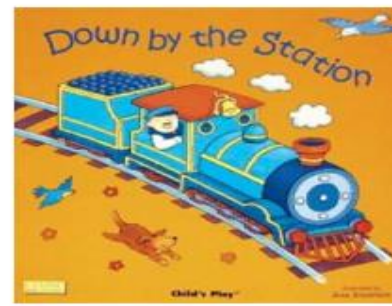
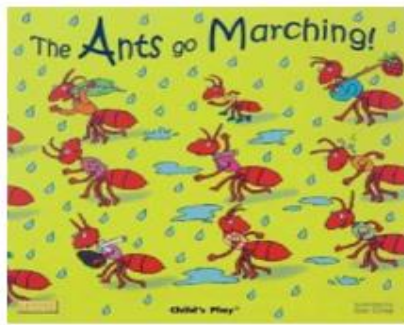


**Inquisitive
"Where does
the water
come from?"**

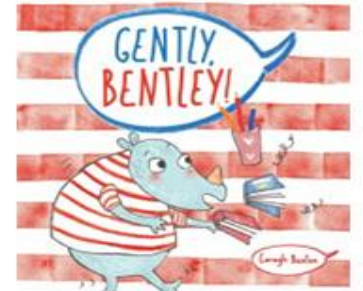
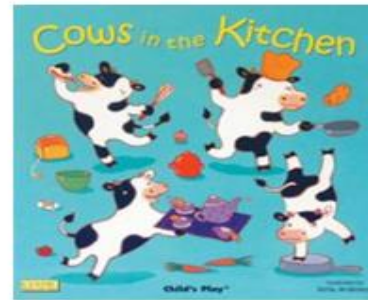
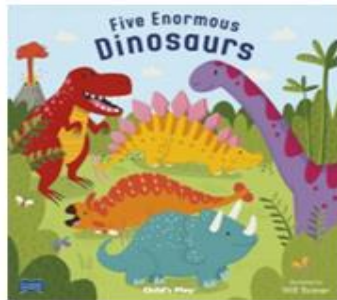
**Strengthen lips when
making sound**

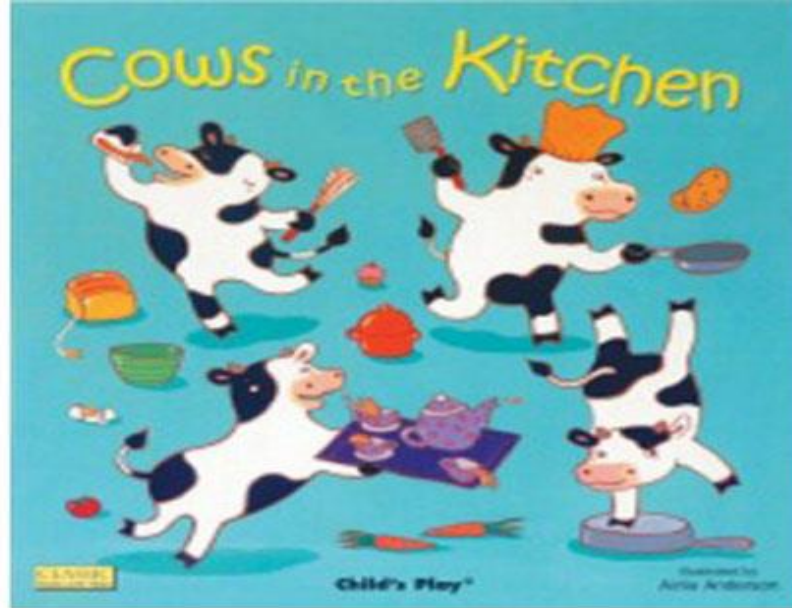
**Begins an
interest in books**





I Can Sing That Story





Cows in the kitchen - Moo

Duck in the dishes - Quack

Cat in the cupboard; doggies too

Sheep in the shower - Baa

Pigs in the garden - Oink

Goats in the greenhouse - Meh

Chase them away -

Shoo, shoo, shoo!



When your child sings
to Mr. Froggy,
that helps develop
phonemic awareness



BEING ABLE TO
FOLLOW A MELODY IS
RELATED TO BETTER
PHONEMIC
AWARENESS.
GET THOSE KIDDOES SINGING!

Music
with
Mar



Use of fingerplays, when child controls puppets, develop:

1. motor control;
2. self-expression;
3. skills relating to higher level math (calculus);
4. self-control; and
5. control of fine motor finger skills for writing



Even a few minutes of
5 finger exercises
will make
functional
changes to
the brain



Songs
At My
Fingertips

Very
important
tools!



Maryann "Mar." Harman



Brain's response is almost immediate

Teacher Tip Tuesday

When we listen to a song:

*We learn to
sit still
Control*



We use skills ~ ~ listening,
We build reasoning,
vocabulary thinking.....



I Like to Jump



*Children cannot sit still until they practice
They're still babies! FUN should be part of the curriculum

PROCESS
PRODUCT



So, if you can't teach that day,
don't criticize. You – who you
give them – is more important!

Having fun makes it easier to learn!
Helps the brain understand the rhythm of language!
Dance with your children!



An excerpt from Harvard Medicine - Winter/Spring 2014

“Since the mid 20th Century, there has been a decline in the time allowed children for free play. During this time, psychiatrists have tracked in children a rise in narcissism, depression, anxiety and feelings of helplessness. The move from free-ranging childhoods to more structured school environments, less time for recess or play, and a greater number of organized extracurricular activities for even the very young may also be stunting the rising generation’s ability to think creatively and solve problems.”

This makes me sad. How about you?

This includes Music Lessons. Let them play. Even with the sound of the instruments. Lessons later!



Taking a break is good for the brain



Act like a bunny and
Jump! Jump! Jump!



Do the Bunny Hop Jump at home.
musicwithmar.com/store

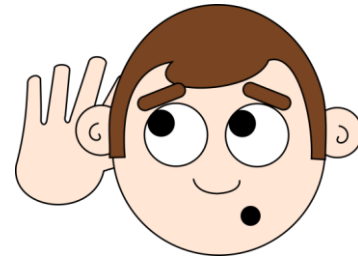
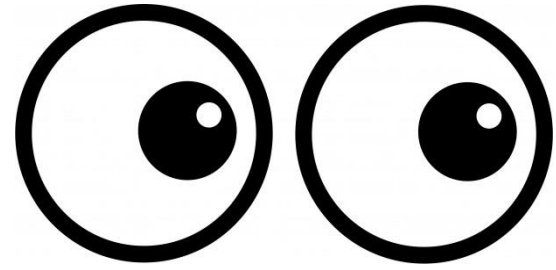
Ask your instructor for the CD Today!

Value piece of song :

It teaches counting, patterns, direction & visual acuity from different vantage points

ZZZZZZZZZ

Zippity Do Zippity DEE
Everybody's eyes on me
Zippity DEE Zippity Do
We've got our eyes on you
And our ears, too!



Criss Cross Applesauce, Sit down on the Floor
Cross your legs like a twisted pretzel, On the Count of 4
1, 2, 3, 4.... Now you're seated on the floor.

“Piggy Back Songs”

Put your finger on the wall, on the wall OR

Put a bubble in your mouth, in your mouth..... OR

Put your hands behind your back, behind your back.....

**Research confirms
music education
at an early age
greatly increases
the likelihood that a child
will grow up to seek higher
education and ultimately earn
a higher salary**



Harris Interactive Survey '07



Crook of your elbow



Your coughs and sneezes go into the
Crook of your elbow



Visual apparatus is usually last neural mechanism to be myelinated (coating of nerve fibers).

Immature child may not have undergone this process by six. Reading is a highly complex neurological process.

22% of children are below average IQ but higher than retarded (impaired). They are expected to Compete with 'normal' and 'bright' children without any special consideration.

Music & movement activities help strengthen vestibular system.

I think that children have a power to imagine that is almost magical when compared to the adult imagination, and this is something irrevocable that a child loses when he or she becomes bound by logic.



Joseph Weizenbaum



The Unicorn

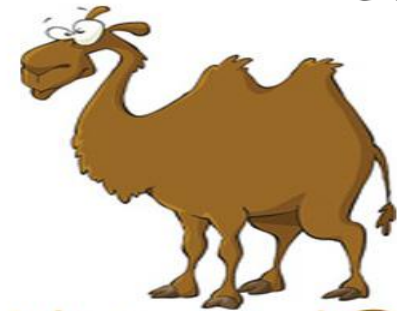
Shel Silverstein



Green Alligator



Long-necked
Geese



Humped Back
Camel



Chimpanzee



Cat



Rat



Elephant



A young child with dark skin and short hair is sitting in a blue chair, sticking their tongue out. They are wearing a white shirt and blue pants. The background is dark and blurry, suggesting an indoor setting. In the top right corner, there is a logo for 'Music with Mar.' featuring a green frog and red musical notes.

Before
concert
candid
pics...

No music is liked by any more than 60% of the population. Halpern, 1985

When performing for children, follow Bob Geldoff's advice, keep your ego at the door.

We all have stories of when a child has just said what was in their head and adjusted our attitude.

Please share. I'll start...
I was singing a song that had too many verses and heard
"Is this over yet?"

Another picture to fit the brain fact:



Dancing once a week reduces risk of Alzheimer's and Dementia by 79%.
Verghese, 2003

Contact Becky by e-mail,
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For more information about the
Music with Mar. Program or product line, visit
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