

Music and Movement

A Hybrid Approach to Language Development and Step-by-Step Guide for Teachers and Parents

Developed by Cassie Riding



Enhance
Academic
Instruction

Create
Social
Emotional
Connections

Exposure
to Rhyme
and
Rhythm

Increase
Memory
and
Recall

Build
Auditory
Perception
Skills

Improve
Coordination
and
Balance

Music and Movement

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degree. Department of Communicative Disorders
and Deaf Education
Utah State University

Project Chair:
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Introduction To Music



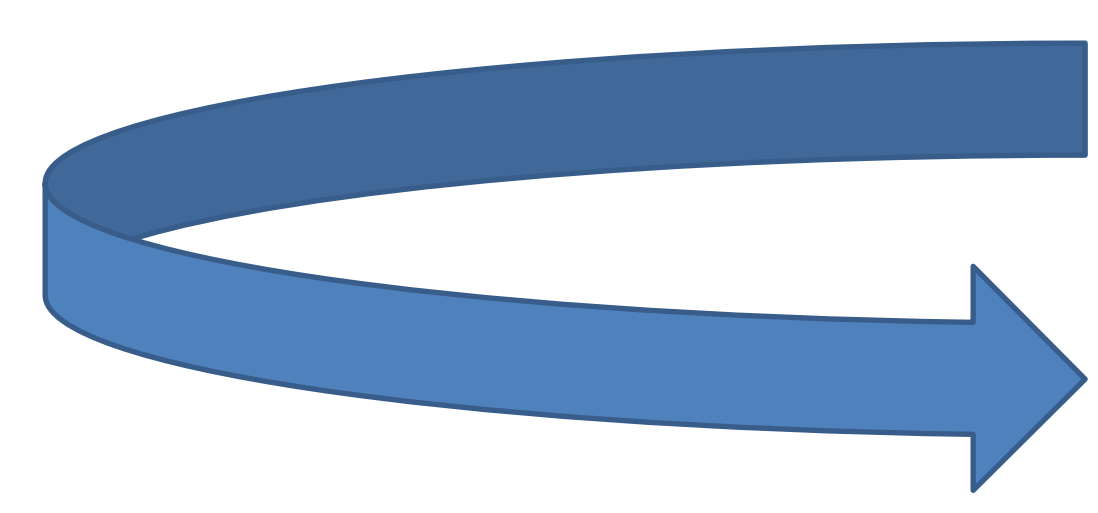
“Music is a more potent instrument than any other for education, because rhythm and harmony find their way into the inward places of the soul.”
-Plato



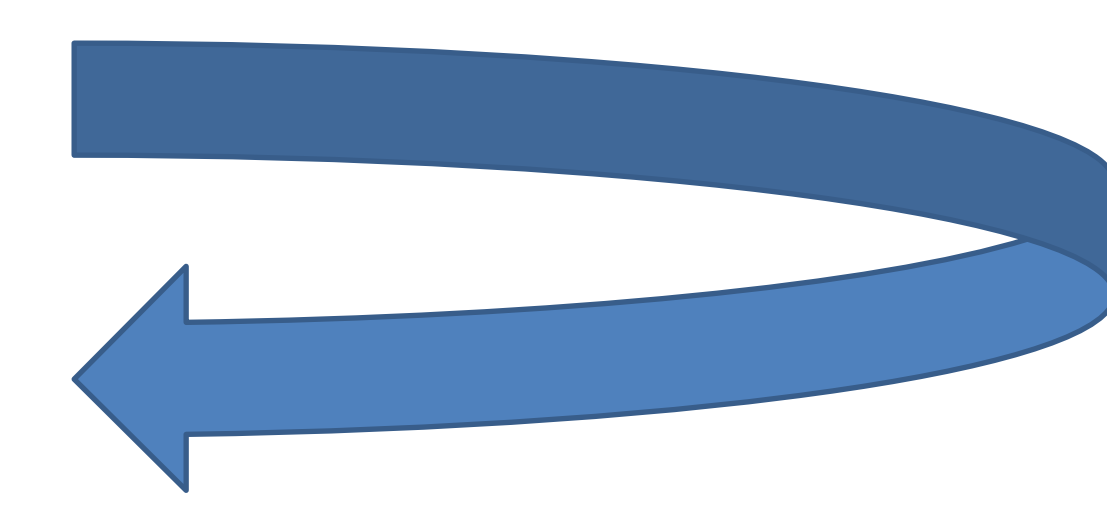
Music habilitation has become a successful intervention for children who are Deaf and Hard of Hearing to increase speech and language development.

Why is music important in language development?

- ➔ Singing is a whole brain activity that increases memory!
- ➔ Singing is a pre-literacy activity. It teaches auditory patterns and provides exposure to rhyme, rhythm and grouping, all of which are important for developing processing skills to decode speech and develop the ability to read.
- ➔ Children love songs - familiar songs and made-up songs!
- ➔ Music makes language more interesting and easier to hear.



Introduction To Cross Lateral Movements



Cross-lateral movement is any motion that requires coordinating movement on both sides of the body. When the movement crosses from one side of the body to the other it is called crossing the midline.

Why is this movement important?

- ➔ Cross-lateral movements activate both sides of the brain and stimulate the corpus callosum which helps the two hemispheres communicate.
- ➔ These movements build the capacities that lead to full sensory access and improve attention, recognition, perception, memory, speech, spelling, thinking ability, depth perception and eye coordination.



“When both hemispheres of the brain and all four lobes are activated during these cross-lateral body movements, cognitive function is heightened and ease of learning increases.”
-Hannaford



A Hybrid Approach to Language Development

Combine the Two
for Improved
Academic Performance

and
Social Emotional
Connections!

Music

Movement



Exposure
to Rhyme
and
Rhythm

Foster
Creativity

Increase
Memory
and
Recall

Enhance
Academic
Instruction

Language
Development

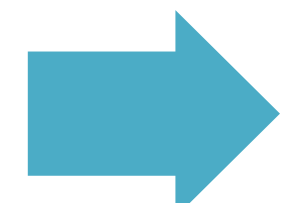
Improve
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6 Samples of Cross-Lateral Movements

Cross Crawl



Clap-Tap



X- Pull



Neck Circles



Mirror Image



Lazy 8's

The Cross Crawl

- A cross-lateral activity that also requires crossing the midline!
- Individual stands and continuously alternates touching right elbow to left knee and left elbow to right knee.
- Can simplify by sitting or touching hands to opposite knees to begin with.

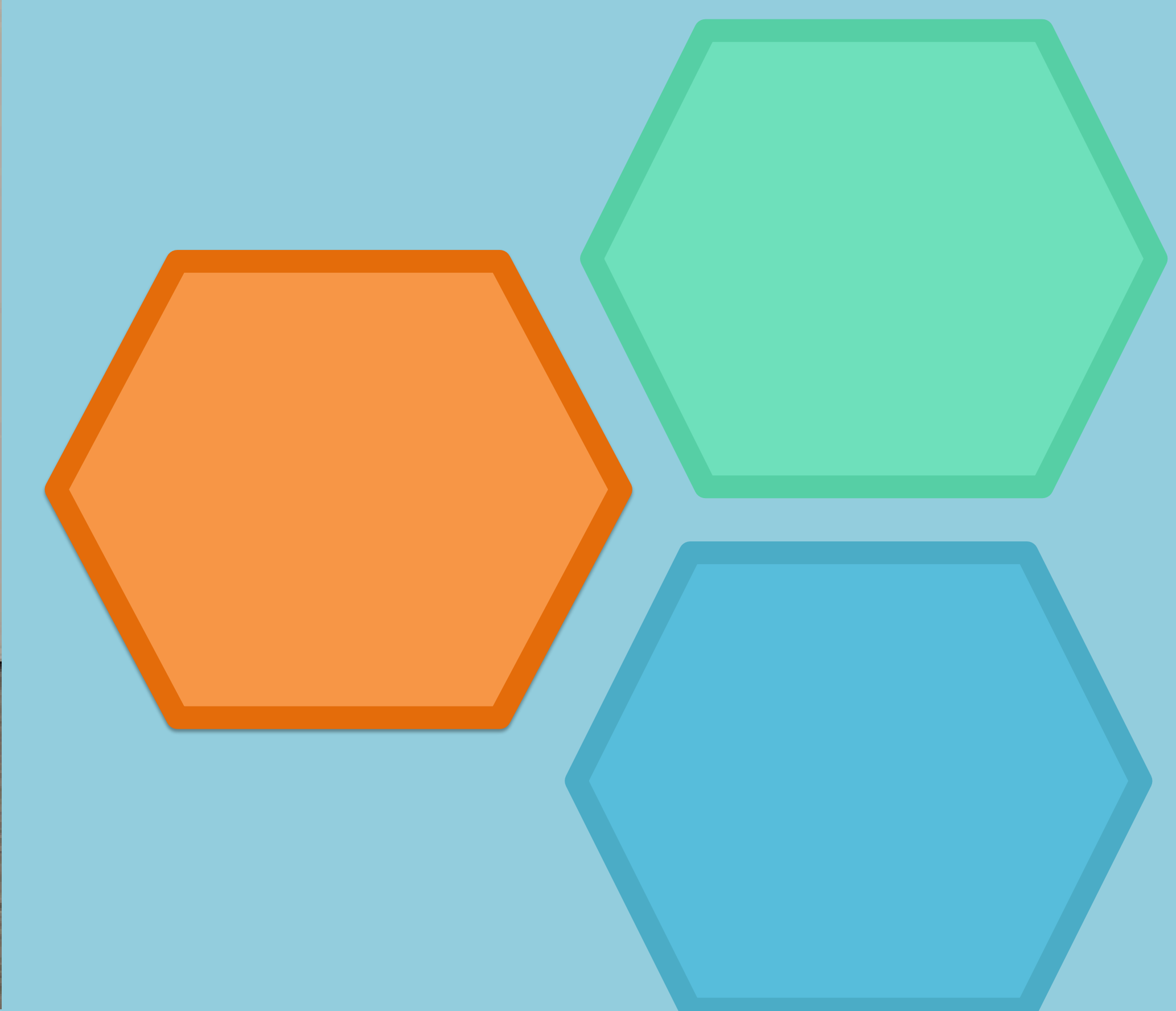
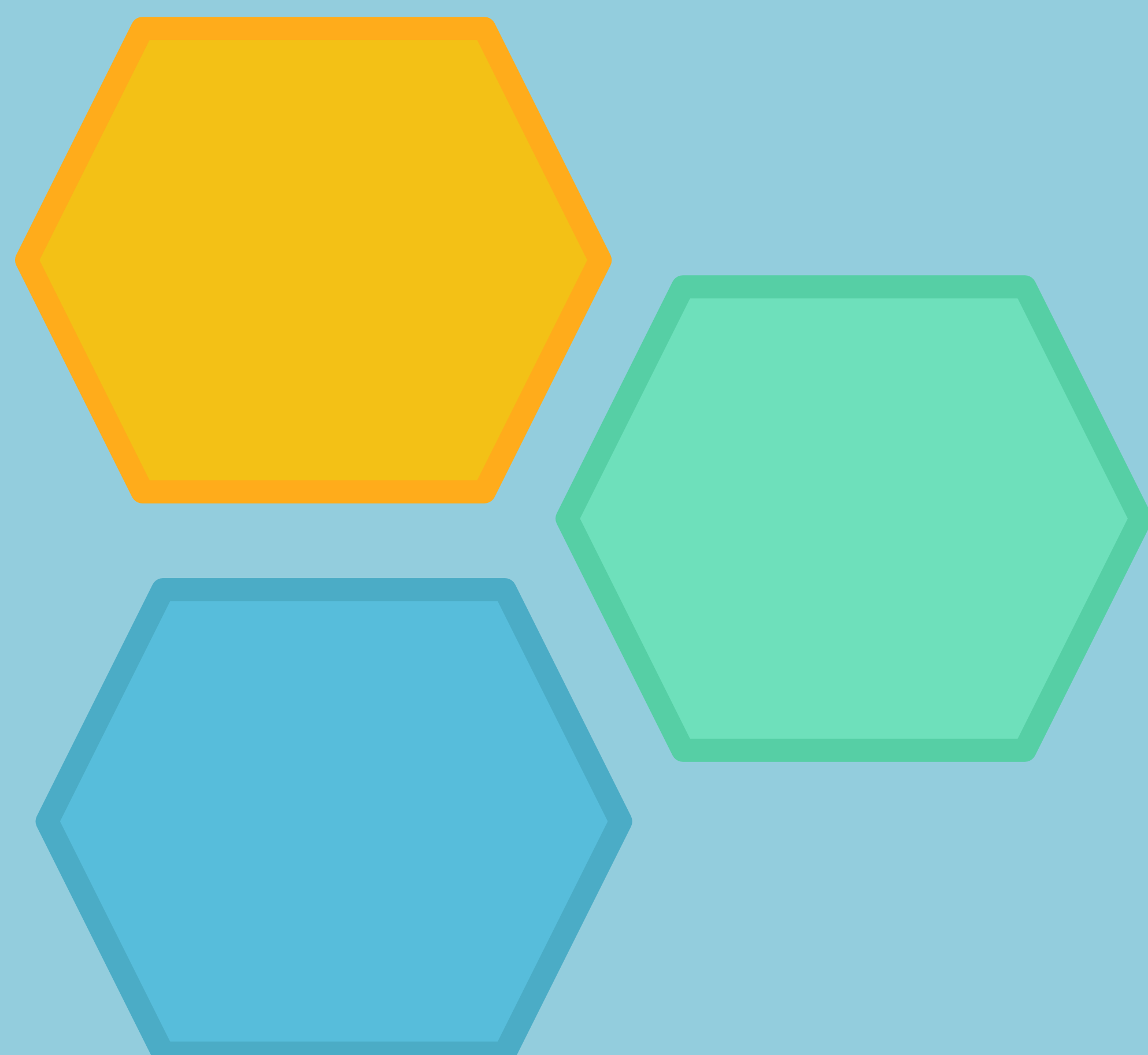
Ideas for Implementation

When to Use:

- As a morning movement or stretching routine.
- During transitions from one activity or place to another

Song Ideas:

- The Itsy-Bitsy Spider
- The Ants go Marching One by One
- Walking, Walking



The Clap Tap

- Using body percussions (clapping, tapping & stomping) create kinesthetic memories between the body and the music.
- Simplified: Tap one part of your body with a hand from the opposite side.
- Advanced: Clap your hands then cross them to tap both opposite shoulders.
 - For younger children start by clapping and tapping your lap.

Ideas for Implementation

When to Use:

- Morning getting dressed and ready routine
- To learn or review body parts
- Echo or turn taking games

Song Ideas:

- Pat-a-Cake
- Hokey Pokey
- Going on a Bear Hunt



The X-Pull

- Clasp hands together and make Ninja slices in the shape of an X.
- You can also draw a large X spanning the diagonals of a whiteboard and have children trace it with their arms and eyes.
- Simplify by rowing a boat.
- Simplify further by rocking like a baby.

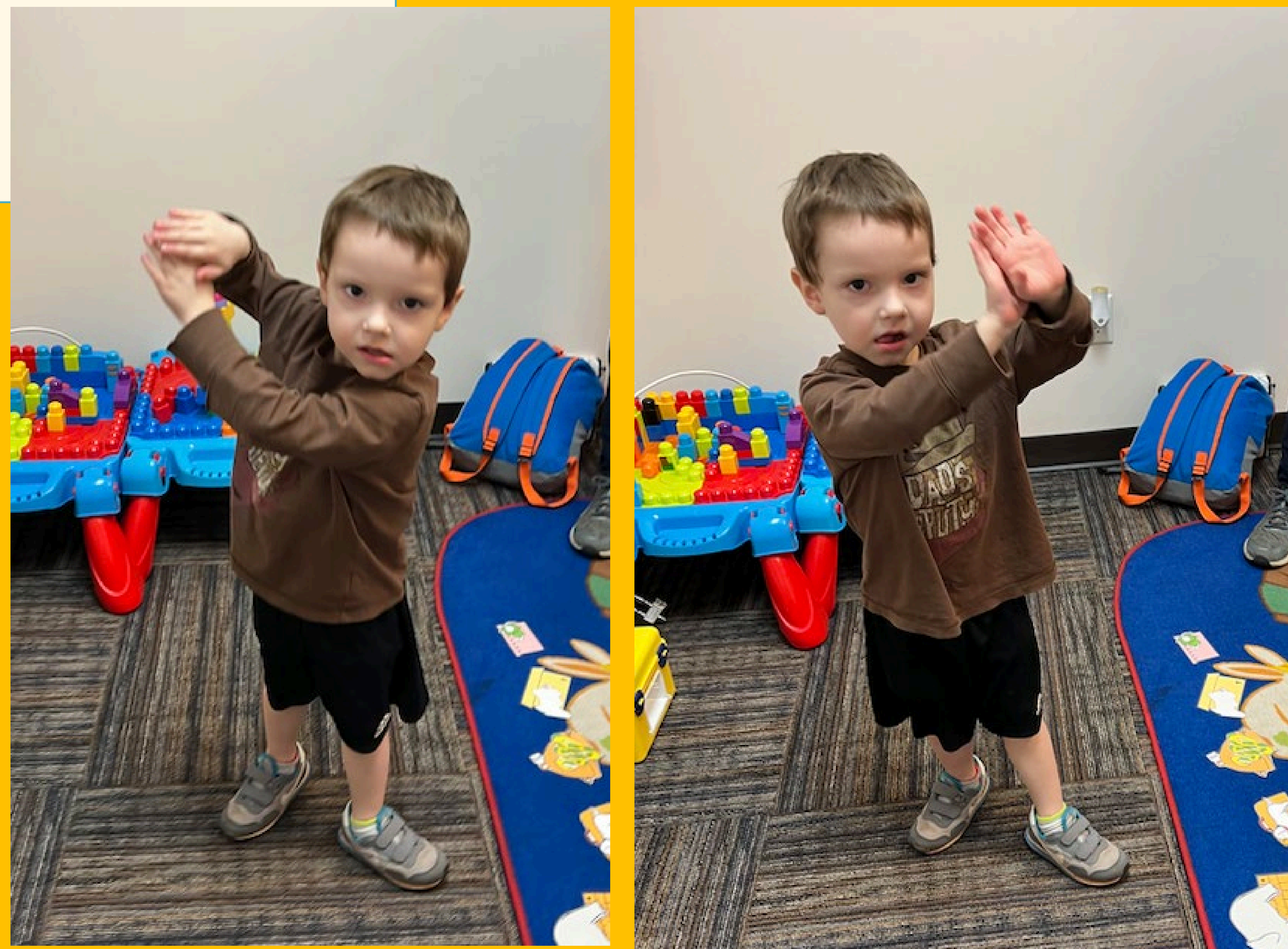
Ideas for Implementation

When to use:

- As a brain break
- Dramatic play or story retell

Song Ideas:

- Rock a Bye Baby
- Row Row Your Boat
- London Bridge



Neck Circles

- Stand or sit and roll your shoulders back repeatedly (supports social/emotional awareness by breathing in and breathing out).
- Tilt your head from left to right.
- Lean head back and roll around in a circle.
- Good for movement coordination and improves balance while standing.

Ideas for Implementation

When to use:

- As a morning stretching routine
- To calm a child
- In preparation for quiet time

Song Ideas:

- ABC's or Twinkle, Twinkle, Little Star
- Breathing In, Breathing Out
- You are My Sunshine



Mirror Image

- Stand facing the children and ask them to imitate your movements.
- Do as I do:
 - washing window motions
 - cross and uncross ankles one over the other
 - try reaching arms across the body at the waist, to form a hug
- Be creative in forming midline movements the children can copy.

Ideas for Implementation

When to use:

- As a brain break
- Transitioning to a new activity
- Partner or peer connections

Song Ideas:

- Twinkle, Twinkle, Little Star
- Do As I'm Doing
- Wheels on the Bus



Lazy Eights

- Draw the number 8 or infinity symbol on the white board. Trace the shape with scarves, ribbon wands or your arms outstretched with hands clapped tightly together.
- Do the Elephant by putting one hand behind you and one out front like a trunk to trace the crazy 8!
- Simplify by sitting.

Ideas for Implementation

When to use:

- As daily movement routine
- Clean up time (fly toys in a lazy eight motion while putting away)
- To redirect and balance emotions

Song Ideas:

- It's Raining, It's Pouring
- How Much is that Doggie in the Window
- Clean Up



Get

To

Know

The

Author



Cassie Riding is a Cache Valley native. She completed her undergraduate degree in Signed Language Interpreting and Communications at the University of New Mexico. Cassie has loved working with Deaf and Hard of Hearing Communities for the past seventeen years and recently found her passion within early intervention. Music and literacy are her favorite tools to use in language development and she is delighted to discuss them with parents and professionals any chance she gets.

Cassie graduated in May 2022 from Utah State University with a Master of Education (MEd) degree in Communicative Disorders and Deaf Education (LSL program).

Cassie is currently working in Southern Utah as a Parent Advisor for the Utah Schools for the Deaf and Blind, Parent Infant Program.



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A Hybrid Approach to Language Development

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UtahStateUniversity