

Hello Parents! Are you ready to do some moovin' and groovin' with your children? Included below is another you tube link for a fun Move and Groove session with Mrs. Hubler.

I am so glad you all enjoyed playing with the rhythm instruments sand blocks and bells last music session. This time we will be using drums. **If you do not have a drum at home please be creative and find something you can use as a drum.** It only needs to have a flat surface for your flat hand to play. It can be a box, a cushion, an oatmeal container, an empty coffee can with lid, a plastic container, your drum fit exercise ball or even a bowl upside down. If you want to make a fun drum to use Pinterest is full of great ideas, but please know it is not necessary to make one just use what you can find. When you have a minute please read on and see what an important role drumming with music can play in the life of a child!

Music can help with speech and communication challenges, for social connection, for emotional regulation, motor control, and many other things. Drumming combines motor movement with auditory and visual feedback, which makes it a great tool for strengthening a variety of skills for children. Since drumming is multi-sensory, it facilitates greater engagement, encourages learning, brain function, and skill building all while having fun! Drumming teaches children to listen, pay attention, turn-taking, sharing, and taking cues from one another.

These hands-on activities can help with overall brain development by stimulating the left and right sides of the brain simultaneously. Children have to use different parts of their brains to listen to the music around them, to instruct their bodies to move and create, and to understand a rhythm or to create their own. Playing music develops analytical processes on the left side of the brain and creativity in the right side of the brain. Increased networks between the left and right brain form thick fibers that interconnect the two sides.

Drumming is not only beneficial to children's mental health and development, but can also assist in some emotional needs and impulse control. This activity can help a child learn to regulate their emotions. It can be very useful for expressing emotions and to "get it out." Drumming can vent aggressions, invite in a calmer state of mind, and particularly improve impulse control as they start and stop while listening to the directions.

This music activity is also great for helping children develop physical fitness skills and get physical exercise while playing along. Drumming increases heart rate and blood flow. Because of this, drumming teaches students about their bodies. Drumming can help strengthen upper body control, arm movement and increase eye-hand coordination. The entire body is used while drumming, especially the fingers, hands, wrists, elbows, arms, and shoulders. Children also gain a better understanding of the rhythms of their own

bodies. The heart has its own steady rhythm needed to keep the body functioning properly and breathing often involves that rhythm, too.

Hope this provides you with a glimpse of how important a role music can play in your child's life. So, turn on those tunes and dance along together!

Please take a minute to find something to use as a drum music maker.... Be creative and just have fun playing along.

Click on the following you tube link below for a 20 minute music session and have fun learning through movin' and groovin' together! This link is a private link to be used for educational purposes.

Please be aware of possible pop ups or ads that do not always have age appropriate content on you tube.

Thank you to the HCSD PRESCHOOL PTO for helping fund our preschool music sessions.

Please enjoy this music and movement session and remember to Kiss Your Brains!

Click on link: [Mrs Hubler Drums Move and Groove Session](#)