



# Music and Movement

## A Hybrid Approach to Language Development

Cassie Riding, B.S. (M.Ed. candidate) Sarah Law, M.Ed. Elizabeth Parker M.Ed.

Utah State University



### 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!

Combine the two for Improved Academic Performance



& Social Emotional Connections!

### CROSS-LATERAL MOVEMENTS

*“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

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 2 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.

## 6 Samples of Cross-lateral Movements

### 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.

### Clap-Tap

- Using Body Percussions (clapping, tapping & stomping) create kinesthetic memories between the body and the music.
- Clap your hands then cross them to tap both opposite shoulders.
- Can simplify by clapping and then tapping their lap.

### 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.

### 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.

### Mirror Image

- Stand facing the children and ask them to imitate your movements
- Do as I do washing window motions, or 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.

### Lazy 8's

- Draw the number 8 or infinity symbol on the white board. Then 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.

Foster Creativity

Exposure to Rhyme and Rhythm

Enhance Academic Instruction

Increase Memory and Recall



A detailed teaching guide will be available on the Hear To Learn website by Summer, 2022. This guide is focused on planning and incorporating specific cross-lateral movements with music to reinforce language development and memory in Deaf and Hard of Hearing children ages 2-5 years.

For more information, please visit:  
[www.heartolearn.org](http://www.heartolearn.org)  
 or contact us at: 435-797-9234



Build Auditory Perception Skills

Create Connections

Language Development

Improve Coordination and Balance