



Adventures in Music Movement & Wellbeing

Gary & Carol Creees

*"Tell me, I forget...
Show me, I remember...
Involve me, I understand."
Carl Off*

WELCOME TO OUR WINTER NEWSLETTER

June 2010

In this issue:

- **New training workshops**
- **Why relaxation is important for young children**
- **Healthy food rhyme**
- **Book Review:** Joy Lubawy - *Visions of Creativity*

Like to host an inservice workshop at your centre?

Looking for new music and movement activities to use with your children or relaxing activities to finish a busy day? Ring Carol or Gary to discuss leading a session for staff at your centre in 2010. Topics cover many aspects of music, movement, yoga, relaxation and wellbeing for children. We suggest a session charge of \$350 (+GST) in Sydney, or \$450 plus travel costs negotiated for country. If you only have a small number of staff wanting to attend but are interested in a workshop, please contact us. We may be able to help by linking you in with a workshop in your local area.

RELAXATION TO SUPPORT WELLBEING FOR YOUNG CHILDREN

Relaxation, Visualization, Breath Awareness

Cultivating quiet in our busy lives is a skill that will serve children well for the whole of their lives. Being able to relax is just as important for our health as exercise and activity. Awareness of the breath is an essential part of stilling the mind and deep breathing also supports good health and posture. The diaphragm acts like a lift, rising up to expel air and dropping down to allow for inhalation. Deep breathing into the abdomen (belly breath) ensures a good supply of oxygen to the body and the brain. Rest and relaxation after yoga calms the nervous system and gives the brain time to integrate new information it is learning. Visualisation consists of relaxed fantasy stories that the children can participate in and enjoy while lying down, preferably with eyes closed. It allows children to use their imagination and encourages them to participate in their own way in thoughts and feelings with no criticism or censure. It helps children to learn the value of peace and reflection as well as building relaxation skills.

Progressive relaxation focuses on parts of the body and using our breath to help relax the muscles. Keep relaxation activities short, especially at first - just a few minutes will change their energy levels as well as allowing children to build skills in relaxation and visualisation. Give the children time to move out of relaxation and visualisation so they have time to re-orient. Encourage children to say how they feel. Children will only build a vocabulary of relaxation ideas and feelings with experience and modeling from adults. Our YogaPlay Book & CD have a variety of relaxation sequences specifically designed for children including: Floating on a cloud, Warmed by the Sun, Melting Ice Cream & Resting Giant. You may like to try these with your children to use as a basis to develop your own magic box of relaxation stories & sequences.

Reference: YogaPlay and Relaxation for Young Children. http://www.adventuresinmusic.com.au/cds_books_dvds.html

HEALTHY FOOD RHYME

Food can help us grow

Food can help us think

Fit and strong from head to toe

It's what we eat and drink

Healthy food Yeah! (x 2)

Keep the beat with fingerplay, touch activity or body percussion.

Then create whole body actions to each line of the rhyme.

Use a large stretchy ribbon to keep the beat in a circle as we say the rhyme.

Then pass the fruit (percussion instruments in shape of fruit are good) around the circle to the beat.

NEW WORKSHOP TOPICS for 2010

RELAXATION for BABIES, TODDLERS & PRESCHOOLERS

Simple massage , music and relaxation activities for wellbeing and optimal learning.

SINGASONGALONG

Singing, Young Children and You

HAPPY BEATS

Planning for Music Time

OUT OF THE BOX

Thinking outside the Square

Exploring Creativity / Supporting Children's Optimal Learning

NEW RESOURCES

YOGAPLAY DVD

Our yogaplay resource now has a DVD with the sequences, stories and some games. Compliments the book and CD currently available.

DANCES AROUND THE WORLD

Off the Wall Dances for young children Vol.1 and Vol.2 have now been combined onto one CD and Book: Dances around the world for young children, making it a value packed resource with fun dances & popular music to enjoy with your children. So for those who found Off the Wall Vol.1 out of stock for a short time there is now a CD with all your favourites and more...

BOOK REVIEW

Visions of Creativity by Joy Lubawy. Published by Pademelon Press.

Joy Lubawy is an ex teacher director and now a dynamic presenter for Australian early childhood educators. In this book she inspires us with her stories of teaching and connecting with children. Learning adventures, weaving theory with practice. Joy brings Howard Gardiner's multiple intelligences and a knowledge of using emergent curriculum principles to life as she shares her many years of observing and listening to children.

Visions of creativity is easy to read, comprehensive, thoughtful and inspiring for all those working with young children.

Until next time
Happy singing, dancing & moving.
Gary & Carol

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