

Top Ten Reasons to Encourage Music and Movement

- 1.** Social Skills: sharing, taking turns, listening
- 2.** Literacy Skills: learning new words and concepts
- 3.** Expressing emotions
- 4.** Enhance self concept and diversity by sharing music and dances from different cultures
- 5.** Awareness of movement and body positions
- 6.** Enhance bonding and attachment with caregivers
- 7.** Creativity and imagination
- 8.** Gross motor skills: running and jumping
- 9.** Fine motor skills through finger plays and playing a musical instrument
- 10.** Improve balance, coordination and rhythm

Presented by the York Region Early Literacy Specialists

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<http://familydaycare.com/early-literacy/early-literacy-resources/>