



Round and Round We Go

Move to the Music: It's time to dance! Play "Old Joe Clark," and think of as many ways to move during the verses as you can. Can you clap, stomp, hop, jump, wiggle, sway, or just dance wild and crazy? Encourage your child to come up with her favorite movements, and then mimic her as you sing and dance along.

Remember to go round and round: Whenever you hear the chorus ("round and round, Old Joe Clark"), hold hands with your child and dance round and round in a circle. When the next verse begins, go on to a new movement.

As If Having Fun Isn't Enough: Research shows that the vestibular system, which controls balance and coordination, is stimulated during movement. Once stimulated, the vestibular system wakes up the brain and helps it take in new information. When you encourage your child to move to music, you're helping her stay alert and open to all sorts of learning.



Contributed by David Symons *adaptive piano teacher, Kindermusik instructor, and music therapist* earthSHINE pediatric therapy, Inc., Augusta, GA



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