

# Why Music and Movement in the Classroom?

- ♪ According to a 2010 study published in *Preschool Matters*, only 3% of a Preschooler's day is comprised of vigorous physical activity.
- ♪ "Skills learned through the discipline of music...transfer to study skills, communication skills, and cognitive skills useful in every part of the curriculum."  
-The National Association for Music Education
- ♪ "The child who learns to sing 'This Old Man'...has learned to focus on a task, sequence materials, and link words...to actions."  
-Isenberg and Jalongo, 2000
- ♪ "It is easier to recall song lyrics than conversation because a song's beat, melody and harmony assist the brain in carrying semantic information."  
-*Arts with the Brain in Mind*, E. Jensen
- ♪ "Neuroscientists believe that all human brains possess inborn musical ability."  
-*How the Gifted Brain Learns*, D. Sousa
- ♪ "Although there is evidence that music can affect cognitive development, music is worth teaching and learning for its own sake."  
-Joanne Greta

**Music with Ms. Carissa**

"Not So Elementary"