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Movement, Music & Whole-Body Learning – Session 4

These scripts can be used during pick-up, in daily reports, newsletters, or parent communication boards.

EXPLORE

Sound & Movement Exploration

👶 12–18 Months

Parent Communication Script

Today your child explored sounds and movement using instruments, scarves, and their whole body. They enjoyed discovering how their actions could create different sounds while building early listening skills and coordination. These experiences support sensory exploration, cause-and-effect learning, and body awareness.

Conversation Starter

"Ask me what sounds I made today!"

👶 19 Months–Under 3 Years

Parent Communication Script

Today we explored rhythm and movement through music and sound-making activities. Your child practiced listening, moving

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their body in different ways, and responding to musical cues. These experiences help develop coordination, self-expression, and early listening skills.

Conversation Starter

"Can you show me how you danced or moved to the music today?"

👤 **3–4 Years**

Parent Communication Script

Today your child participated in sound and movement exploration activities that encouraged rhythm, coordination, and creative expression. Children experimented with creating movement patterns and responding to different sounds while strengthening their listening and self-regulation skills.

Conversation Starter

"What movement pattern did you create today?"

CREATE

Ribbon & Movement Art

👤 **12–18 Months**

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Parent Communication Script

Today your child explored movement-based art using ribbons and large arm movements. They practiced moving their body in different ways while creating marks and patterns. These experiences support sensory development, coordination, and early creative expression.

Conversation Starter

"Can you show me how your ribbon moved today?"

👦 19 Months–Under 3 Years

Parent Communication Script

Today we combined movement and art by using ribbons and streamers to create marks and designs. Your child explored different movements while building coordination, creativity, and body awareness through play.

Conversation Starter

"What shapes did your ribbon make today?"

👦 3–4 Years

Parent Communication Script

Today your child used movement as a tool for artistic

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expression. Children experimented with different motions, speeds, and patterns to create unique artwork while strengthening motor control, planning skills, and creativity.

Conversation Starter

"Tell me about the art you created with your movements."

🧠 19 Months–Under 3 Years

Parent Communication Script

Today we combined movement and art by using ribbons and streamers to create marks and designs. Your child explored different movements while building coordination, creativity, and body awareness through play.

Conversation Starter

"What shapes did your ribbon make today?"

BUILD

Obstacle Course Builders

🧠 12–18 Months

Parent Communication Script

Today your child explored a simple obstacle course that

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encouraged crawling, climbing, and movement. These experiences help build strength, coordination, confidence, and body awareness while supporting healthy physical development.

Conversation Starter

"Can you show me how you climbed or crawled today?"

🧒 19 Months–Under 3 Years

Parent Communication Script

Today we explored obstacle course activities that encouraged balance, coordination, and problem-solving. Your child practiced moving through different challenges while building confidence and developing gross motor skills.

Conversation Starter

"What was your favourite part of the obstacle course?"

🧒 3–4 Years

Parent Communication Script

Today your child helped design and navigate obstacle courses using a variety of materials. Through planning, sequencing, and physical challenges, children strengthened coordination, confidence, problem-solving skills, and teamwork.

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Conversation Starter

"How did you build your obstacle course today?"

Quick Social Media/Newsletter Version

Movement, Music & Whole-Body Learning

This month children explored movement, rhythm, creativity, and problem-solving through sound exploration, movement art, and obstacle course challenges. These experiences supported physical development, confidence, self-expression, listening skills, and collaboration while encouraging joyful learning through play.

Learning Highlights 🎵 Rhythm and sound exploration

- 🎨 Movement-based art experiences
- 🏃 Obstacle course design and physical challenges
- 💡 Problem-solving and creative thinking
- 🤝 Confidence and collaboration

Try it at home: Have a family dance party, create ribbon movements with scarves, or build a simple obstacle course together!

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Learning Lab Session 4 Resources

Theme: Movement, Music & Whole-Body Learning

Based on:

 **Explore:** Sound & Movement Exploration

 **Create:** Ribbon & Movement Art

 **Build:** Obstacle Course Builders

Educator Quick Reference Handout

Learning Goals

Children will:

- Develop coordination, balance, and body awareness
- Strengthen listening and rhythm skills
- Express themselves through movement and creativity
- Build confidence through active play
- Practice planning, problem-solving, and perseverance

Connections to Flight

This Learning Lab supports:

- Well-being and belonging
- Play and playfulness
- Communication and literacies
- Diversity and social responsibility
- Active exploration and inquiry

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EXPLORE

Sound & Movement Exploration

Materials

- Shakers
- Bells
- Drums
- Rhythm sticks
- Scarves
- Music player (optional)

Educator Prompts

- "What sounds can you make?"
- "Can you move fast? Slow?"
- "Can you copy my rhythm?"
- "What happens when we move to different kinds of music?"
- "How does your body want to move?"

Learning Opportunities

Children develop:

- Auditory processing
- Rhythm awareness
- Listening skills
- Gross motor coordination
- Self-regulation

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Observation Ideas

Notice:

- How children respond to different sounds
- Ability to follow movement cues
- Interest in creating their own rhythms
- Participation and confidence levels

CREATE

Ribbon & Movement Art

Materials

- Ribbons or streamers
- Scarves
- Large paper rolls
- Washable paint (optional)
- Water and paintbrushes for outdoor use

Educator Prompts

- "Can you make a circle?"
- "What happens when you move quickly?"
- "Can you create a zigzag?"
- "How many different lines can you make?"
- "What story does your movement tell?"

Learning Opportunities

Children develop:

- Creativity

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- Fine and gross motor coordination
- Spatial awareness
- Body control
- Artistic expression

Observation Ideas

Notice:

- Variety of movements used
- Control and coordination
- Persistence with challenging movements
- Creative decision-making

BUILD

Obstacle Course Builders

Materials

- Cones
- Mats
- Blocks
- Tunnels
- Hoops
- Chairs
- Balance beams
- Pool noodles

Educator Prompts

- "How can we build a safe course?"

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- "What should come first?"
- "Can we make it more challenging?"
- "What happens if we change the order?"
- "How can we help our friends complete the course?"

Learning Opportunities

Children develop:

- Problem-solving
- Planning and sequencing
- Balance and coordination
- Confidence
- Collaboration

Observation Ideas

Notice:

- Risk assessment skills
- Ability to solve challenges
- Cooperation with peers
- Confidence when attempting new tasks

Observation & Documentation Sheet

Watch For:

Physical Development

- ☐ Balance
- ☐ Coordination
- ☐ Body awareness

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- ☐ Strength
- ☐ Endurance

Social-Emotional Development

- ☐ Confidence
- ☐ Self-regulation
- ☐ Cooperation
- ☐ Turn-taking
- ☐ Persistence

Cognitive Development

- ☐ Planning
- ☐ Sequencing
- ☐ Problem-solving
- ☐ Following directions
- ☐ Creativity

Notes

Child Observations:

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Family Connection Handout

Today We Learned Through Movement!

Children explored movement, music, and active learning through:

- 🎵 Sound and rhythm activities
- 🎨 Movement-inspired art experiences
- 🏃 Obstacle course building and exploration

These experiences help children develop:

- Coordination and balance
- Listening skills
- Creativity
- Confidence
- Problem-solving abilities

Try It at Home

Dance Party Challenge

Play different styles of music and move in different ways.

Freeze Dance

Dance when the music plays and freeze when it stops.

Ribbon Fun

Use scarves or ribbons to create shapes and patterns in the air.

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Family Obstacle Course

Build a simple course using cushions, chairs, and blankets.

Follow the Leader

Take turns creating movements for family members to copy.