

ADVANTAGES OF MUSIC AND DANCE IN KINDERGARTEN

by:

Trixia Carla C. Bonus

Teacher I, Pantalan Luma Elementary School

Did you know that while kids enjoy making noise and moving around, it's also crucial for their growth? Thus, dance and music are both enjoyable pursuits, as we all recognize. A child's journey of development and learning about what their bodies are capable of includes dancing, singing, and playing music. Additionally, it teaches kids how to communicate with others, use items, and engage with their environment.

The children's minds are stimulated by music and dance. Through music, kids can learn new things including words, sounds, and patterns. They can also experiment with and have control over their movements through dance. These exercises are fantastic for growth and encourage neural connections in the developing brain. Additionally, it fosters communication abilities. Children can learn how to engage and connect with people when they are brought together with songs, rhymes, and activities. They gain social and listening abilities that will help children feel more confident and more prepared for school.

Kids are able to express themselves through music and dance. Kids can express themselves and let their emotions out by participating in artistic movement activities. That being said, it's an excellent chance for kids who can't yet express their ideas verbally. Additionally, it promotes physical competence. Moving and singing while doing physical activity is also beneficial for lowering stress levels, improving physical fitness, and maintaining general health.

Ultimately, creativity and imagination are influenced by music and dancing. Music and dancing help kids be interested and inventive since they spend more time in front of devices than playing outside.

References:

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