

THE OTHER 3 R'S— ROUTINE, RHYTHM, AND RELAXATION

Using Musical Rituals to Create Calm

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LET IT BEGIN WITH
Kindermusik



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Why Routine?

Efficiency-Repetition-Security

Brain must access executive state to learn and control behavior, which is connected to emotions in limbic system.

“Happy, calm children learn best.”

-Daniel Goleman, Ph.D.

Why Music Rituals?

Playful-Connecting-Calm

Music produces 4 “happy chemicals” in brain: dopamine, endorphins, oxytocin, and serotonin.

*“Five minutes a day of ritual play =
up to 50% reduction in power struggles.”*

-Dr. Becky Bailey

Music Rituals to Tackle Tricky Transitions

Group Hello/Goodbye Song (add movement and names)

“Everybody Wave & Sing Goodbye”
Everybody clap hello to Avery...

Welcome/Parting Song (add greeting movement and names)

“Welcome, Starshine”
Parting Version: *Hug goodbye to Mommy...*
Wave hello to teacher...

Multipurpose (add task into lyrics)

“The Mulberry Bush”
This is the way we stand in line...
...in Mrs. Johnson's class!
“Come and Follow Me”
Come and follow me in a line, in a line...
...we will walk like this!

Naptime (add music with massage or movement)

Music: “Twinkle, Twinkle, Little Star”
Massage: milk limbs, heart rub, palm circles, facial
Movement: fingerplay or rocking variations
(twist, forward-back, swivel, arm hammock)

Reconnect, Revive, Refresh: Wake Up! (sing & rock, peekaboo, or dance)

“I See You”
Use scarf, blanket, or hands for peekaboo.
“Mama Paquita”
4 steps forward, 4 steps back, circle for 8.

Energize and Focus (stop & go for inhibitory control & listening)

“Walk and Stop”
Use movements or instruments and vary ideas
(march, dance, bounce, wave, shake, tap).

Visit kindermusik.com/schools or call 1.800.628.5687 for more information.



Ritual Reminders with 3 R's

RELAXATION

*Is the child secure?
Happy children learn!*

ROUTINE

*Be consistent.
Revise and refresh!*

RHYTHM

*Embrace your abilities.
Make it your own!*

Take Action with the 3 R's!

ROUTINES: List 3 routines you currently use that work well in your classroom.

RHYTHM: Where is rhythm lacking? List 3 areas where your children are struggling.

RELAXATION: List 3 rituals that will create a more efficient, relaxing classroom.