

HARMONY IN THE CLASSROOM – AND AT HOME

Using Music to Manage Challenging Behaviors While Building the Home-School Connection

NHSA Annual Conference, April 25, 2018
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Things to Remember with Behavior in Mind

- All behavior is a form of communication.
- Thoughtful family engagement reduces challenging behaviors and improves social skills.
- Connection activities include eye contact, touch, playfulness, and presence and build neural connections.
- Remember: brain state matters. (Visit www.consciousdiscipline.com for more information on the brain state model.)
- Use periodic musical brain breaks to help keep children in the higher centers of their brains.
- Routines provide predictability and a sense of safety.
- Repetition allows for stronger, quicker brain pathways to form.

Why Music and Movement?

- Music is a natural movement motivator.
- Music is accessible – music and movement can occur anytime and anyplace.
- Music provides natural analgesic for physical and emotional pain.
- Music and Movement can be a recipe for stress reduction and relaxation.
- Making music and moving together in a group is like social glue (synchronicity).
- Music helps to organize movement, and organized movement calms and focuses the brain.
- Music and movement together reach all learning styles.
- Music and movement activate and strengthen the memory centers of the brain.
- Music and movement prime the brain for neuroplasticity.



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



Musical Quick-Start Steps

In the Classroom

- Have greeting and goodbye musical routines and rituals.
- Use chants, songs, hand-jives, fingerplays, and bounces as connection activities.
- Sing songs and use chants to keep students focused during transitions.
- Plan music and movement activities to support class community through synchrony.
- Utilize instrument play and dances to highlight patterns.
- Strengthen self-regulation through stop-and-go songs and dances.

Family Engagement

- Invite families to share music that is meaningful to them.
- Share the music you use in class with families.
- Show caregivers chants, songs, hand-jives, fingerplays, and bounces so they can use them at home.
- Model using songs during transitions.
- Integrate music and movement into your family nights to support building a strong school community through synchrony.

Suggested Reading

Conscious Discipline: Building Resilient Classrooms by Dr. Becky Bailey

What If Everybody Understood Child Development? by Rae Pica

Experiences in Movement and Music: Birth to Age 8 by Rae Pica

Learning Through Movement and Music: Exercise Your Smarts by Debby Mitchell