



## **Supporting children with Music**

Music is widely considered to be a building block of childhood development.

Music can encourage self-expression, it supports self-identity, it can help build maths skills as well as inspire creative confidence. It also helps with brain function so music plays a vital role.

### **1. Songs and nursery rhymes**

Sing songs with actions and nursery rhymes. Research has found that when a child knows eight or more nursery rhymes by heart, at the age of 4, that they are usually one of the best at reading and spelling in their class by the age of 8!

### **2 . Paint what you hear**

Tape some large pieces of paper to the floor and get the children to paint a giant mural while listening to some evocative music, and responding to the different sounds and moods that they hear.



### **3. Making instruments**

Get creative with the children and explore different sounds and rhythms using a range of homemade musical instruments. Make shakers with bottles filled with rice.



### **4. Identify instruments**

Help the children to learn about different musical instruments by looking at pictures and listening to music. Match the instruments to the sounds that they make.

### **4. Different cultures**

Listen to music from around the world, explore the different rhythms and sounds, and find out about the importance of particular types of music in different cultures.