

### Activities/Ideas:

To integrate music and movement activities, try some of the following and incorporate as part of a warm-up activity, bell-ringer or morning meeting:

- **Movement Mirroring:** Turn on a song with a strong steady beat. Lead students through different movements on the steady beat (patting, clapping, hopping, marching, simple dance moves, etc.). Students will mirror your movements and then you can take turns and ask for student “beat” leaders.
- **Passing Activity:** Form either a standing or a sitting circle. Turn on a fun song with a strong steady beat at a moderate tempo. Have students pass a ball or an object on the beat around the circle. Try to keep the beat going without dropping the ball or object. To challenge students, pass out one “red cup” to each student sitting in a circle and have students pass the cups to the right or left on the beat without a “cup pile-up.”
- **Yoga or Statue Poses:** Using any style of music of your choice, either classical for calming, or pop for stimulating, create different poses that incorporate different levels and muscle groups. Stay in each pose for 10 seconds or until all have maintained position before switching poses. (You can find yoga or statue flashcards online for different pose suggestions).
- **Stretch Session:** Play calming music in the background while students stretch. Ask students to either stand up by their chair/desk or sit up straight in their chair and lead a short stretch break. Hold each stretch for about 30 seconds. Examples of stretches:
  - Hold head to right shoulder, and then head to left shoulder
  - Shoulder shrugs/rolls in each direction
  - Reach for toes, reach left arm to right foot, reach right arm to left foot, bend over and hold elbows (can sway hips)
  - Arms up and wiggle fingers, wiggle toes
  - Rotate both wrists in each direction
- **Freeze Dance Party:** Play any style of music, and when the music stops, students freeze.