

Music and movement activities, by their nature, are multi-sensory. Information is coming into the child's brain through both eyes and both ears; through small muscles, for example, from fingers, toes, hands and feet; through large muscles such as those on arms, legs, shoulders and torso; and through skin, being the largest sensory organ. Body parts on both sides of the body send information to both sides of the brain. Your child is absorbing huge amounts of information and all simultaneously.

If children are stimulated in many different ways, at the same time, it forces the brain to process that information also simultaneously, therefore growing connections across the different brain sections.

Why is this important? The simple answer is: the more brain connections children have, the faster they can think.

