

JUST SEVEN SKILLS.

Essential Skills for Preparing Children to Succeed in School and in Life

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AGE	BOOK/SONG	DEVELOPMENTAL GOAL	BOOK PAIRING
Babies	<i>Little Fishie</i> book	I can form close and secure relationships with my caring adults.	<i>Hooray for Fish</i> (Cousins)
Ones	<i>Grandpa's Farm</i> book JUST TEN repertoire	I can imitate the sounds, actions, and words of others.	<i>Big Red Barn</i> (Wise Brown)
Twos	<i>All the Feels</i> book	I can recognize and label emotions in myself and others.	<i>The Way I Feel</i> (Cain)
Threes	<i>Bee-ing Me</i> book	I can follow rules, routines, and transitions.	<i>Let's Be Safe</i> (Hallinan)
Fours	<i>Surprise Kid</i> book	I can use self-calming techniques to alleviate my big emotions.	<i>B is for Breathe</i> (Munro Boyd)
Fives	<i>Old House</i> book	I can cooperate and solve problems when I play with my friends.	<i>Bear's New Friend</i> (Wilson)
BONUS: Pyramid Model	<i>Tucker the Turtle</i> digital song kit	I can demonstrate confidence in meeting my own needs.	<i>The Color Monster</i> (Llenas)

What is essential vocabulary for infusing your program with music-based instruction?

Musical Joint Action Routine – songs with actions that are shared with a child and repeated on a regular basis

Delight - extreme gratification or pleasure

Interpersonal synchrony - coordinated interactions that foster closeness and trust

Singable social narratives -songs with visuals that help children learn, practice and remember key information, behaviors and skills

Audiation – Mentally hearing and comprehending music, even when no physical sound is present

Musical intelligence (*Howard Gardner's multiple intelligence theory*) – The ability to recognize, create, and appreciate music by responding to rhythm, pitch, and timbre

"Sound bath" – thinking in song

Spontaneous song - song child creates to accompany play or everyday activities

Rules – behaviors that are general, desired, and positive

Expectations – specific, explicit statements that define what expectations mean in different situations

Why is music a necessary experience for young children?

1. Stimulates "feel good" chemicals in the brain
2. Provides physical and sensory engagement.
3. Allows for emotional expression and regulation.
4. Fosters social connection, which gates learning.
5. Creates anticipation and surprise.
6. Stimulates cognition and problem solving.
7. For some children, music isn't a suggested strategy. It is the ONLY STRATEGY.

How can music help you connect more meaningfully with your children? (*Conscious Discipline*)

- *The School Family*. Offer activities that build a sense of safety, connection, and belonging, such as "greeting rituals" and "I Love You Rituals".
- *I Love You Rituals*. Core activities include touch, playfulness, presence, and eye contact, and provide a routine to move a child's brain from a reactive to a receptive state for learning.
- *Emotional Regulation*. Music fosters brain-body integration by providing a joyful and predictable musical routine that reinforces specific SEL skills.

Resources, citations, and next steps from our morning

Distracted Parenting. www.vimeo.com/singplaylove/cellphone (Blue Valley USD Parents as Teachers)

Free calming kit. www.singplaylove.com

Frog in the Meadow song. www.youtube.com/singplaylove

Free family activity ideas and songs: *Just Ten Minutes* activity bank for screen-free family fun.
www.justtenminutes.org

Kuhl, Patricia. *Music and the baby brain*. <https://www.youtube.com/watch?v=tlQzleOmwEc>

Lentini, R., Giroux, L. N., & Hemmeter, M. L. (2019). *Tucker Turtle Takes Time to Tuck and Think*.
challengingbehavior.org.

SING.PLAY.LOVE. *Alignment with early childhood curricula, standards, and philosophies*.
www.singplaylove.tools/alignment

SING.PLAY.LOVE. books, songs, movies, parent program, and printables. www.singplaylove.com

SING.PLAY.LOVE. (2017). Research summary <https://www.singplaylove.tools/research>

Step Up to Quality Aligned Curricula. <https://stepuptoquality.ne.gov/curriculum/> *Includes **sing.play.love**.

Watson, A.M. (2021). *Sing & Sign with Young Children: A Guide for Early Childhood Professionals* (Brookes Publishing, 2021)



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