



COGNITION

- Enhances executive function skills
- Develops extended focus & attention
- Strengthens listening & auditory processing & discrimination
- Promotes memory & recall, problem solving, symbolic thinking & reasoning skills
- Develops & expands neural pathways



PHYSICAL

- Introduces a variety of dance styles & encourages dancing with sequenced steps
- Strengthens fine & gross motor skills & locomotor movements
- Encourages expressive movement involving props & instruments



LITERACY & LANGUAGE

- Promotes literacy, language & pre-reading skills
- Supports expressive speech, audiation, vocal play, singing & rhythmic speech
- Builds vocabulary
- Offers practice decoding musical symbols as a pre-reading skill



SOCIAL & EMOTIONAL

- Encourages sharing, turn-taking & cooperation
- Introduces music & customs from different cultures & time periods
- Develops music ensemble skills & the ability to follow a director
- Promotes self-control, self-awareness & emotional stability
- Establishes rituals & routines



MATH & LOGIC

- Promotes awareness of patterns, sizes, shapes & quantities
- Supports spatial awareness
- Develops prediction, sequencing & comparison skills

