



Follow the Music: Tempo

Play music with varying tempos. Encourage children to move in a way that corresponds with the music (i.e., when the music is fast, they move fast; when it's slow, they move slowly; when it's soft, they tiptoe; when it's loud, they stomp).

More Support: Model ways to move to the music. Label your actions as you move. Gently help younger learners move with the music (e.g., bouncing on your lap, rocking back and forth, moving their legs).

Narrate and Label

Cognitive Flexibility

“When you heard the slow music start, you told your body to stop moving fast and starting swaying slowly. That’s hard to switch movements!”

Managing Behaviors

“You are telling you body to move very slowly to match the slow tempo of the music. Nice work!”