

Benefits of Fostering Creativity Through Music and Movement

Music Fosters Creativity:

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- **Music** and **movement** activities can enhance children's understanding of diverse cultures by introducing them to various genres of music from around the world.
 - **Repetitive movements** to rhythms can improve children's coordination and timing.
 - The act of performing music helps children understand **cause** and **effect**.
 - Music can *stimulate* children's **imagination** and **creativity**, encouraging them to create their own songs or dances.
 - Performing music and dance in a group can foster a **sense of community** and belonging among children.
 - Music can help children *improve* their **listening skills** and **attention span**.

Music Monday aligns with CDA® Functional Area 7: Creative. This competency explores the importance of music, movement, and visual arts in the development of young children.

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