

Music and Movement in a Pre-K Curriculum

Teaching is, and has been, one of the most blessed and rewarding careers, especially working with children in early childhood, as we have the opportunity to touch the minds and souls of so many children. However, this profession not only requires all the pedagogical knowledge and preparation required for teaching children, it also requires something that we sometimes omit: passion. This passion allows us to hear the calling of making a difference in the minds and souls of young children, and music and movement plays an essential role in nurturing that passion, and at the same time, in the overall success of an early childhood curriculum program.



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Music and the fine arts are so embedded in our activities of daily life that we may tend to overlook the importance of the development of a well-rounded person. It is like walking or breathing: once we learn how to do these things, they become second nature for us. The same thing can apply to music and movement because we are surrounded by them from the moment we wake up: the sounds of our alarm clock or smartphone, the enjoyment of listening to our favorite songs while having breakfast or working out at a gym or home, and so on.

Since music and movement are such an integral part of our daily routines, especially in the early years, then just imagine for a moment what an amazing tool they could play in the overall development of young children. They can be used to experience aesthetic moments, learn different subjects, complete math riddles, or develop problem-solving skills. There are many research studies that point out the importance of music in educational programs from a very early age, as well as the theories of famous educators and developmental pedagogy specialists or psychologists, and this makes it extremely difficult

to understand or even imagine what a Pre-K curriculum without music and movement activities would be like.

Music is also an importance bridge in the multicultural classroom. It is very important that we acknowledge the fact that early childhood education must be immersed with different cultures, languages, and traditions. Music plays a very important role in uniting, motivating, cultivating and helping children feel that they belong in their classroom. Music is, without a doubt, the sunshine of our souls.




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