

LEARNING TO FOCUS ATTENTION

Teaching Children to Focus Attention Through Song and Dance

Singing

Singing songs and dancing help children develop many important skills. Like reading they need to remember the words of the song.

But they also need to learn the rhythm and melody of the song. Many children's songs have actions, like clapping hands. This helps with coordination.

Is there a song you could teach your child and that you can sing together? There are lots of fun songs for little children that you can find on YouTube.

Or else think of a song you know as a child. Perhaps in a language other than English.

What song could you teach your child and that you could sing together?

Dancing

Dance is really important. You know that every culture has some form of dance. Dancing involves learning a sequence of movements and coordinating them with music.

Children need to watch, then repeat the movement as they remember the steps.

So, like reading and singing, dancing helps young children develop attention and focus. All hard work for little brains but lots of fun.

Singing and dancing can also make us feel happy and it's a social activity that you can do as a family. What dance could you teach your child?