

## Impactful Music Activities In The Early Years



## Boogie Mites Mission



The Boogie Mites mission is to offer early years practitioners and families the knowledge, resources and confidence to harness the brain boosting fun of active music making, each and every day.

**You Can Do It!**



## Neuromusical Evidence

The effect of music is "like fireworks going off in the brain. No other activity has been seen to have such an effect on the whole brain. Music is a whole brain workout."

- Dr Anita Collins



## Neuromusical Evidence

All of the following neural networks are connected to the 3 main cortices of the brain and all are seen to be activated by music practice:

- **Super sense network** – making sense of language – the brain processes music using the same neural network as it uses to process language
- **Reward network** – giving a sense of achievement and motivation, re-enforcing positive learning experiences
- **Cognitive network** – the engine room , figuring out how to do things, the steps or process
- **Perceptual network** – predicting what comes next
- **Cognition network** – figuring out what it all means, what we like or do not like
- **Emotional network** – effecting mood, resilience, emotions and empathy

## Why We love It!

Neurotransmitters are the body's chemical messengers. Four chemicals that are stimulated when we are involved in group music making and exercise:

- **Dopamine** — plays a role in how we feel pleasure
- **Oxytocin** — plays a role in social bonding
- **Serotonin** — plays a role in modulating mood
- **Endorphins** — trigger a positive feeling in the body

Get your daily mood booster **DOSE** of music to stimulate happy hormones, motivation and bonding!



## Why Music In Early Years?

- **Music activities can give a boost to children falling behind in early years, contributing to closing the attainment gap, developing cognitive foundations for language, communication, literacy, maths, self regulation, attention....** Based on neuroscience evidence and research studies, music is a powerful intervention for helping children get ready for school.
- **You don't have to be a musician to lead effective music making in early years – you need training and evidence based resources. Upskilling our EY educators boosts their job satisfaction.**
- **Music works as a group activity to promote group learning skills and a sense of community.**
- **Music making daily practice can energise and uplift everyone involved. The feel good factor.**
- **Music activities are a great vehicle for parent/carer involvement and home learning.**
- **Music activities are an inclusive and accessible activity. Junk percussion props and instruments make it accessible for all and good for the environment.**

## What Music Works?

- Traditional music and nursery rhymes are great, they harness some of the benefits evidenced by neuroscience and research studies
- **To harness all of the benefits we need to:**
  - **Include lots of rhythmic activities, keeping the beat and playing with tempo and different rhythms....** best achieved through use of recorded music written for this age group and purpose.
  - **Include lots of melodic activities, playing with dynamics, pitch, hearing harmonies, different instruments....**best achieved through use of recorded music written for this age group and purpose.
  - **Engage and motivate all involved, the teachers, parents and children....**best achieved through use of recorded music written for this purpose

## Why Boogie Mites?

- Boogie Mites music workshops work! – **Boogie Mites have 20 years experience of delivering music sessions in early years settings, teacher training and parent music education workshops**
- **Continually improving programme content and support** based on neuroscience evidence, feedback from teachers, parents and children, independent evaluations of our work
- **A team of passionate teachers and trainers** who care about the positive outcomes from their work, and the difference they make.

→ **Boogie Mites ABCD Music Methodology**





## ABCD Music Methodology

### The Boogie Mites ABCD Music Methodology

#### Strengthening skills for school through early years active music making

- A = Active Attention: **Lengthen children's attention span** using engaging music activities
- B= Brain Boost: **Build strong cognitive foundations for learning** based on neuroscience
- C = Community Cohesion : **Generate a bonding buzz** between all involved
- D = Daily Dose: **Deliver daily musical experiences to maximise impact.** You can do it!

## A = Active Attention

- Motivate young children through music activities led by enthusiastic adults

Children are interested in things they see adults enjoying, adults enjoy Boogie Mites upbeat original music, different genres, catchy tunes and rhythms as much as the children!

- Engage young children by covering themes that are relevant and exciting
- Keep attention for 45 minutes by using junk percussion props and instruments that promote active engagement and following a sequence of activities set out in Boogie Mites tried and tested workshop format
- Boost speech, language and communication skills by extending attention span through this engaging workshop format, giving lots of opportunities for running through sequences of words and actions, recapping, repetition, and for children to contribute their ideas and self expression.

## B= Brain Boost

- Develop the auditory processing system (on which other neural networks scaffold): **providing rich and varied auditory experiences, many different genres of music, instruments and sound play activities**
- Develop rhythmic awareness (causal relationship with language, literacy and physical skills): **using Boogie Mites recorded music with a strong steady beat and overlaid rhythms. Lots of keeping the beat and rhythmic activities, including playing with tempo and the rhythm of words.**
- Develop melodic awareness (correlational relationship with language and literacy) : **using Boogie Mites recorded music with a catchy tune and overlaid harmonies. Plus playing with pitch, dynamics and acapella singing activities**
- Develop counting, sequencing and pattern skills (causal relationship with maths skills): **using Boogie Mites songs which use a variety of rhythmic patterns along with linked activities that notice and explore these patterns of sounds, movements and words.**

## B= Brain Boost

- Promote self-regulation (correlational link with impulse control, emotional regulation): **use music that is familiar to children (repetition), facilitate inclusive group music sessions**
- Promote dynamism (energy and ‘feel good factor’): **Use Boogie Mites songs rich in high frequency harmonics and actions that stimulate endorphins and dopamine**
- Promote co-ordination and balance (causal link with posture and balance, synchronising messages): **Regular tuning in / listening to a variety of music, developing the vestibule in the ear.**
- Develop fine and gross motor skills **through active participation with the music and props.**
- Extend attention span (correlational link with keeping the brain attentive) : **use engaging music activities that bring about a perceptual sound contrast, to constantly ‘surprise’ the brain with different musical activities**

## C= Community Cohesion

- **Group music making is a bonding experience, singing together, keeping the beat together, moving together stimulates dopamine, oxytocin, serotonin and endorphins, making it energising, uplifting and bonding for all involved.**
- **Promote inclusivity through using props and junk percussion instruments and accessibility for all, every child has the same instrument or prop and learns to work together following a leader, they can join in in some way whatever their ability.**
- **Promote community cohesion between EAL families. Music is a universal language, when people sing and dance together it breaks down barriers of language and culture, promoting confidence and bonding. Hold parent education music workshops and make music resources available for home use to encourage home practice and wider family involvement**
- **To promote wider community cohesion and introduce older adults, link up with a care home and arrange intergenerational music sessions** (See Boogie Mites Intergen music report)

## D=Daily Dose

- Early Years practitioners and parents who are with the children everyday are best placed to harness the power of music for supporting development. **You don't need to be a musician to harness the power of regular effective music making activities in early years.**
- Practitioners and parents need to understand the neuromusical evidence and links to EYFS development to value the provision of music activities everyday. **They need training and resources to give them knowledge and confidence to facilitate music activities or offer music experiences effectively everyday**
- **Boogie Mites core music programme packs for use in public settings** provide online training course, neuroscience evidence videos, single song videos and monthly webinars to extend and progress training and music provision
- **Boogie Mites digital music packs for home use**, including instructor videos to support parents with home music making activities and Boogie Mites App: Building strong foundations for literacy through music.

## School Ready Skills

**This ABCD Boogie Mites Music Methodology strengthens key skills needed to thrive at school:**

- Attention and listening skills
- Language and vocabulary
- Cognitive foundations – for maths, literacy and learning
- Group skills – pre-social behaviour and turn taking
- Self-regulation – mindfulness and impulse control
- Gross and fine motor skills
- Mental health and wellness
- A love of language, literacy and learning

**Playing with sounds and words through rhymes, songs and music activities is fun!**

**The neurotransmitters activated when we participate in group music making:**

- **Dopamine** – plays a role in how we feel pleasure
- **Oxytocin** – plays a role in social bonding
- **Serotonin** – plays a role in modulating mood
- **Endorphins** – trigger a positive feeling in the body

**Participation in music making activates the reward neural network:**

- **Reward network** – giving a sense of achievement and motivation, re-enforcing positive learning experiences



- *“....I have always been a strong believer in combining words with sounds, music and movement. I say ‘believer’, that’s to say it’s what I practise in every show that I’ve done over what is now nearly 50 years of performing in schools, libraries, festivals and theatres. It becomes clear to me every time that I perform how easy it is for children to ‘grab’ sequences of words, phrases, verses, whole poems and songs when they’re combined with movement and tonality of various kinds. This makes poetry and song ‘portable’. That’s to say we practitioners become transmitters of language, passing on the thoughts, ideas and feelings embedded in the poems and songs. The children then become the owners of what we’ve given them and quite often then become transmitters and – importantly – changers of what they have learned. They make up new poems and songs based on what we have taught them.”* **Michael Rosen**

(So much more fun than phonics programmes!)

## Can You Feel The Beat?

Rhythmic awareness is a key skill for literacy, often the missing link for children with language and/or reading delay.

Rhythm is an integral part of both music and language, and the rhythm of spoken language is a crucial cue to understanding. It may be that musical training—with its emphasis on rhythmic skills—can exercise the auditory-system, leading to less neural jitter and stronger sound-to-meaning associations that are so essential to learning to read.

*“Children with dyslexia find it challenging to hear speech rhythm and speech timing, and in perceiving musical rhythm and timing. Early Years educators can take simple steps to benefit language skills and minimise the impact of dyslexia. Having a rich early repertoire of singing and musical remediation will help matching syllable beat patterns to language before they start learning to read.”* **Prof Usha Goswami, Professor of Cognitive Developmental Neuroscience, Cambridge University.**

## Bangedy Bang Bang

Bangedy, bang, bang, bangedy bang bang, I'm banging on my drum  
Bangedy bang bang, bangedy bang bang, I'm banging on my drum

If you want to play in rhythm, you can bang your drum,  
Keep the beat, play in time, come on everyone

Bang it 1 time  
Bang it 2 times  
Bang it 3 times  
Bang it 4 times

Review Customer hub digital song resource package

Sign up here: <https://ex246.infusionsoft.app/app/form/bangedy-bang-bang>

## Find Out More

- Email [sue@boogiemites.co.uk](mailto:sue@boogiemites.co.uk) for enquiries about online and onsite training options and Boogie Mites music programmes
- Visit our Youtube channel to see Boogie Mites music sessions in action
- Sign up for our monthly Newsletter via website [www.Boogiemites.co.uk](http://www.Boogiemites.co.uk)
- Register for our monthly webinars via website shop
- Sign up to trial Boogie Mites app for home educating via website shop
- Follow Boogie Mites on IG, fb, twitter and LI
- Join Boogie Mites ABCD Music Methodology fb group

You can enjoy the magic of music in your setting, maximising the potential benefits of using music to develop key skills in Early Years.

There's a great selection of Practitioner Programmes to choose from: <https://www.boogiemites.co.uk/product-category/practitioner-products/>

Or you can take a look at the Practitioner Training options here: <https://www.boogiemites.co.uk/our-services/early-years-practitioner-training/>

**We also have a practitioner Facebook page:** <https://www.facebook.com/BoogieMites/>

**A BRAND NEW practitioner Facebook Group - Boogie Mites ABCD Music Community:** <https://www.facebook.com/groups/228751699512216>

**We can also be found on Instagram:** <https://www.instagram.com/boogiemites/>

**Twitter:** <https://twitter.com/BoogieMites>

**.....and even TikTok!** <https://www.tiktok.com/@boogiemitesuk>

Our **BRAND NEW BOOGIE MITES APP** is now also available here: <https://www.boogiemites.co.uk/product-category/boogie-mites-app/>

And here are 5 links of interest:

1. Free song, Bangedy Bang Bang, sign up link: <https://ex246.infusionsoft.app/app/form/bangedy-bang-bang>
2. Link to Boogie Mites core music programmes for early years settings: <https://www.boogiemites.co.uk/product-category/early-years-practitioner-resources/>
3. Email [sue@boogiemites.co.uk](mailto:sue@boogiemites.co.uk) for all enquiries regarding onsite training and programme resource packages
4. Download Boogie Mites ABCD Music Methodology : <https://www.boogiemites.co.uk/abcd-music-methodology/>
5. Join Boogie Mites fb community group: <https://www.facebook.com/groups/228751699512216>

**Feel the beat..... with Boogie Mites!**

**Happy Boogie-ing!**