

18 months -3 years

Age	Exercise #	Heading	Group/Individual	Exercise Type	Exercise Title	Variations	Charts, Graphics, and Music Included	Equipment, Instruments (Not Included)
TRACK 2 - INSTRUMENTS								
18-3	1	T2-1	Various Instruments	G/I	Listening	Listening to and Playing Instruments		Tibetan bowl, tingshas, tuning fork, frame drum, sansula, percussion
18-3	2	T2-2A	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Tapping	Crystal Bowl, Felt Wand, Rubber Mallet, Rubber Ring
18-3	3	T2-2B	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Ringing	"
18-3	4	T2-2C	Crystal Bowls	G/I	Listening	Listening to the Crystal Bowls	Listening for the Silence	"

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TRACK 3 - MUSIC								
18-3	1	T3-1	Musical Perspectives	G/I	Listening	CD Listening	CD Streaming or Downloads	Colored Ribbons, Metronome (if necessary)
18-3	2	T3-2A	Rhythm	G/I	Movement	Basic Rhythms with Left and Right	Moving Hands	
18-3	3	T3-2B	Rhythm	G/I	Movement	Basic Rhythms with Left and Right	Moving in Rhythm	
18-3	4	T3-2C	Rhythm	G/I	Movement	Basic Rhythms with Left and Right	Changing Tempo	
18-3	5	T3-2D	Rhythm	G/I	Movement	Basic Rhythms with Left and Right	Feet Rhythm	
18-3	6	T3-3A	Rhythm	G/I	Playing	Playing Body Percussion	Patting One Body Part	Body Percussion List
18-3	7	T3-3B	Rhythm	G/I	Playing	Playing Body Percussion	Patting Two Body Parts	"
18-3	8	T3-4A	Rhythm	G/I	Movement	Body Percussion	Two Beat Cycle	Body Percussion List
18-3	9	T3-4B	Rhythm	G/I	Movement	Body Percussion	Four Beat Cycle	"
18-3	10	T3-4C	Rhythm	G/I	Movement	Body Percussion	Three Beat Cycle	"
18-3	11	T3-4D	Rhythm	G/I	Movement	Body Percussion	Changing Tempo	"
18-3	12	T3-5A	Rhythm	G/I	Experiential	Rhythm Circles	Rhythm Circle	"
18-3	13	T3-5B	Rhythm	G/I	Experiential	Rhythm Circles	Add Accent	"
18-3	14	T3-5C	Rhythm	G/I	Experiential	Rhythm Circles	Different Time Signatures	"
18-3	15	T3-5D	Rhythm	G/I	Experiential	Rhythm Circles	Different Tempos	"
18-3	16	T3-5E	Rhythm	G/I	Experiential	Rhythm Circles	Different Rhythms	"
18-3	17	T3-5F	Rhythm	G/I	Experiential	Rhythm Circles	Counting Beats	"
18-3	18	T3-5G	Rhythm	G/I	Experiential	Rhythm Circles	Percussion Arrangements	"
								Percussion (e.g. Shakers, Guidos, Triangles, Egg Shakers, Drums, Seed Pods)

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TRACK 4 - GEOMETRY								
18-3	1	T4-1A	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Size of Your Space	Chalk
18-3	2	T4-1B	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Creating Your Own Personal Space	"
18-3	3	T4-1C	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Multiple Spaces	"
18-3	4	T4-2A	Numbers	Group	Experiential	Working Together - Numbers in a Group	Two Working Together	4-5 foot stick
18-3	5	T4-2B	Numbers	Group	Experiential	Working Together - Numbers in a Group	Three Working Together	"
18-3	6	T4-2C	Numbers	Group	Experiential	Working Together - Numbers in a Group	Four Working Together	"
18-3	7	T4-3A	Spatial Placement	G/I	Experiential	Working Together - Spatial Placement	Spatial Placement in Conflict	
18-3	8	T4-3B	Spatial Placement	G/I	Experiential	Working Together - Spatial Placement	Spatial Placement in Harmony	
18-3	9	T4-4A	Patterns of Nature	G/I	Matching	Natural Pattern Matching	Natural Pattern Matching	Master Chart of Nature's Patterns, Patterns of Life Information Doc
18-3	10	T4-5	Patterns of Nature	G/I	Matching	Number Patterns in Nature	Master Chart of Nature's Patterns, Patterns of Life Information Doc	10 Boxes
								10 Boxes

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TRACK 5 - EMOTIONAL EXPRESSION								
18-3	1	T5-1	Voice Expression	Individual	Experiential	The Voice In the Body		
18-3	2	T5-2A	Loving Yourself	G/I	Experiential	Affirmations	Saying Affirmations	List of Affirmations
18-3	3	T5-2B	Loving Yourself	G/I	Experiential	Affirmations	Saying Affirmations with Rhythm	"
18-3	4	T5-2C	Loving Yourself	G/I	Experiential	Affirmations	Saying Affirmations with Movement	"
18-3	5	T5-3A	Voice Expression	G/I	Listening	Sound Hug		
18-3	6	T5-3B	Voice Expression	G/I	Listening	Sound Hug	Matching Energy with Sound	
18-3	7	T5-3C	Voice Expression	G/I	Listening	Sound Hug	Transforming Emotions with Sound	
18-3	8	T5-4	Loving Yourself	G/I	Experiential	Loving Yourself	Hug Yourself with Sound	
18-3	9	T5-5A	Voice Expression	G/I	Experiential/Movement	Single Vowel Frequency Sweep with Movement		
18-3	10	T5-5B	Voice Expression	G/I	Experiential/Movement	Single Vowel Frequency Sweep with Movement	Different Tempos	
18-3	11	T5-5C	Voice Expression	G/I	Experiential/Movement	Single Vowel Frequency Sweep with Movement	With Jump	

18-3	12	T5-6	Voice Expression	G/I	Experiential	Toning Long Vowel Sounds			
18-3	13	T5-7A	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds - Call and Response		
18-3	14	T5-7B	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds with the Crystal Bowl		Crystal Bowl
18-3	15	T5-7C	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds with the Piano or Bells		Melodic Instrument (e.g. Piano or Bells)
18-3	16	T5-8A	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response			
18-3	17	T5-8B	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response		Creative Sounds	
18-3	18	T5-8C	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response		Reverse Sound Mirror	
18-3	19	T5-9A	Voice Expression	Group	Experiential	Sound Toss		Sound Toss with Balloon	Balloon
18-3	20	T5-9B	Voice Expression	Group	Experiential	Sound Toss		Sound Toss with Beanbag	Beanbag
18-3	21	T5-9C	Voice Expression	Group	Experiential	Sound Toss		Invisible Sound Toss	Beanbag
18-3	22	T5-10A	Voice Expression	G/I	Identify	Identifying Animal Sounds		Introducing Animal Sounds	Animal Cards
18-3	23	T5-10B	Voice Expression	G/I	Matching	Identifying Animal Sounds		Matching Animal Sounds to Cards	"
18-3	24	T5-10C	Voice Expression	G/I	Matching	Identifying Animal Sounds		Matching Animal Sounds to Your Card	"
18-3	25	T5-10D	Voice Expression	G/I	Matching/Movement	Identifying Animal Sounds		Do Movement with Card	"
18-3	26	T5-11	Voice Expression	G/I	Call and Response	Sound and Arm Movements			
18-3	27	T5-12	Voice Expression	G/I	Experiential	All Vowel Sweep			
18-3	28	T5-13A	Voice Expression	G/I	Experiential	Steady Beat Vocal Rhythms	4 Beat Vowel Rhythms	Vowel/Consonant Combinations	
18-3	29	T5-13B	Voice Expression	G/I	Experiential	Steady Beat Vocal Rhythms	Alternating Long and Short Vowel Rhythms	"	
18-3	30	T5-13C	Voice Expression	G/I	Experiential	Steady Beat Vocal Rhythms	Consonant Rhythms	"	
18-3	31	T5-14A	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms - Call and Response	4 Beat Vowel Rhythms - Call and Response	Vowel/Consonant Combinations	
18-3	32	T5-14B	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms - Call and Response	Alternating Long and Short Vowel Rhythms - Call and Response	"	
18-3	33	T5-14C	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms - Call and Response	4 Beat Consonant Rhythms - Call and Response	"	
18-3	34	T5-14D	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms - Call and Response	3 Beat Consonant Rhythms - Call and Response	"	
18-3	35	T5-14E	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms - Call and Response	Rhythms at Different Tempos - Call and Response	"	
18-3	36	T5-15	Voice Expression	Group	Experiential	Steady Beat Name Circle			
18-3	37	T5-16A	Voice Expression	G/I	Sound and Movement	Movement and Voice Percussion	Make a Movement to the Beat		Percussion (e.g. Shaker, Maracas, Drum)
18-3	38	T5-16B	Voice Expression	G/I	Sound and Movement	Movement and Voice Percussion	Make Any Sound to the Beat		"