

18 MONTHS – 3 YEARS

TRACK 4
GEOMETRY

Circle Space – Sense of Place & Sense of Self
#T4-1
Track 4: Geometry
Category: Personal Space

Age: 18 months – 3 years

Group/Individual: Group / Pairs

Materials: Chalk

Prerequisites: n/a

Teacher Preparation:

- Practice the exercise

Repetition and Duration: 2 times, over 2 months (then once a year)

Presentation:

Size of Your Space

1. Have all the children stand approximately their own height in distance from each other. Have them swing their arms around themselves slowly to test if they are far apart enough to not touch anyone else. Move farther apart if they need to, to be in his or her own space.

Creating Your Own Personal Space

1. Have one volunteer draw a circle at arm's length. If sitting on carpeted floor, have the child mark a visible circle by pressing fingers into the carpet and making a groove. If on tile or other hard surface, they can use a piece of chalk. Tell the child that this is his or her own personal space.
2. Have the child step out of the circle then step back in and sit in the middle of the circle. Have them do this a couple times and talk about if they feel different inside and outside the circle.
3. Have the child sit in their circle have another child cross the boundaries. Ask if and how it feels different having someone in their circle.
4. Now have the child invite the same person into his or her circle. Ask how that feels different.

Multiple Spaces

1. Have everyone sit down on floor and ask each child to mark a circle around themselves.
2. Have half of the children leave their personal circle and approach another child sitting in their personal circle. Have them ask if they can come inside the other child's circle. Let the child in their circle know they can say yes or no.
3. Switch and have the children who were in their circle now approach the other children's circle.
4. Have everyone come back into a circle and discuss if anyone has ever felt like their space has been invaded in real life. Ask if anyone has ever been bullied. Talk about how they can deal with it in the future.

Control of Error:

Language: Personal Space

POINTS OF INTEREST	DEVELOPMENTAL VALUE
In the first exercise make sure everyone is far enough away from each other that no one gets hit.	
Be aware that if someone has been bullied there are some serious emotions that may arise – especially if someone has been bullied by someone else in their class. Be prepared to spend some time letting everyone express their feelings.	

PURPOSE	RESEARCH AND ASSUMPTIONS
<p>Overall Connection</p> <p>Observation Skills</p>	<p>The primary purpose of the study of geometry is to expand observation skills -- To be able to recognize patterns in seemingly chaotic things. To understand the underlying structure for creative work. To be able to find coherence and harmony in order to feel more in the body and emotions. And spiritually, to be able to connect to nature and the Universe more. "You can learn everything you need to know by observing nature" - Pythagoras</p>

<p>Overall Connection</p> <ul style="list-style-type: none"> ➤ Presence 	<p>Working with geometry and mandalas increases personal awareness and meditative states.</p>
<p>Overall Connection</p> <ul style="list-style-type: none"> ➤ Coherence 	<p>Engaging with geometry uses both sides of the brain and helps them to work together, resulting in greater coherence. Experiencing the microcosmic expressions of the Universe heals the split between the cosmos and ourselves, creating a sense of unity and wholeness.</p>
<p>Overall Connection</p> <ul style="list-style-type: none"> ➤ Interpersonal Synchrony 	<p>Synchronous non-verbal communication, movements and sound trigger mirror neurons, which create the foundation for whole brain development.</p>
<p>Emotional Connection</p> <ul style="list-style-type: none"> ➤ Emotional Engagement 	<p>Consistent emotional engagement supports the integration of multisensory stimuli, social connection, self-regulation, self-awareness, self-esteem, and empathy. Additionally, emotional excitement created through these engagements enhances memory and learning. Emotionally engaging with nonverbal communication (body language, facial expression, eye contact, tone, and intention) aids in right brain development.</p>
<p>Emotional Connection</p> <ul style="list-style-type: none"> ➤ Healthy Emotional Expression 	<p>Healthy emotional expression and interaction with the world develops healthy intellectual functioning contributing to a healthier, more productive, and creative individual. Using nonverbal and gestural communication promotes growth in a child's brain, enhancing their ability to experience and understand their environment.</p>
<p>Mental/ Emotional Connection</p> <ul style="list-style-type: none"> ➤ Emotional Awareness 	<p>Emotional awareness increases their ability to resolve emotional issues and effectively communicate their feelings.</p>

<p>Spiritual Connection</p> <p>➤ Spiritual Awareness</p>	<p>Working with geometry and mandalas increases personal awareness and meditative states. Mandalas are specific shapes used by various traditions to represent the universe, thereby creating a sense of connection with a greater whole.</p>
<p>Sensory Refinement</p> <p>➤ Spatial Awareness</p>	<p>Working with shape, dimension, and geometric pattern improves spatial understanding and awareness. This increases the brains ability to perceive and appreciate the role of shape and dimension in any given surrounding, allowing for an advanced understanding of space.</p> <p>Experiencing the microcosmic expressions of the Universe through geometry heals the split between the cosmos and ourselves, creating a sense of unity and wholeness.</p>
<p>Emotional Connection</p> <p>Empathy</p>	<p>Nonverbal communication develops emotional intelligence and empathy, as the children learn to perceive and express emotions. Engaging in a group setting gives children a healthy outlet for their expression and an opportunity to observe their classmate’s emotional expression, cultivating a greater sense of empathy. Empathy plays a key role in developing social connection, pro-social behavior, and conflict resolution skills.</p>
<p>Mental/ Emotional Connection</p> <p>Confidence and Self-esteem</p>	<p>Emotional engagement in a safe space provides a foundation for developing confidence and self-esteem. Confidence and healthy self-esteem effect overall well-being, playing an important role in feelings of security, acquiring and mastering new skills, likelihood to succeed in the world, and forming healthy relationships.</p>

Future Learning:

TRACK 5
EMOTIONAL EXPRESSION

Voice in the Body
#T5-1

Track 5: Emotional Expression
Category: Voice Expression

Age: 18 months – 3 years

Group/Individual: Individual or Group

Materials: n/a

Prerequisites: n/a

Guide Preparation:

- “Guide Preparation”

Repetition and Duration:

Presentation:

The Voice in the Body

1. Voice Warmup – Make a full range of vowels, consonants and gibberish.
2. Shaking – Shake your hands, legs, hips, and whole body.
3. Yawning - Open your mouth wide and yawn.
4. Making faces – Make funny faces to stretch all of your mouth and face muscles.
5. Rolling through spine – Roll down and touch the ground. Then slowly roll up and reach for the sky.
6. Breathing
 - a. Place your hands on your ribs and inhale.
 - b. Keep ribs expanded, as you exhale bring belly button toward spine.
 - c. With hands still on ribs, exhale with loud *Ha* in rapid succession to wake up the diaphragm.
 - d. Turn each exhale into a sound and let it go as long as possible.

Language: Full Range * Vowels * Consonants * Gibberish * Rapid Succession * Diaphragm

POINTS OF INTEREST	DEVELOPMENTAL VALUE
<p>Disengagement:</p> <p>Note when students are unengaged. Adjust exercise accordingly.</p>	

PURPOSE	RESEARCH AND ASSUMPTIONS
<p>Overall Connection:</p> <ul style="list-style-type: none"> ➤ Presence 	<p>The quality of being present creates focused attention on the child’s sounds, movements, and reactions. This establishes a basis for attachment and bonding that will aid in the development of peace, awareness, emotional intelligence, self-confidence, and social connectedness.</p>
<ul style="list-style-type: none"> ➤ Coherence 	<p>Consistent tones create steady brainwaves that entrain the child into a state of physical, mental, and emotional coherence, resulting in overall peace and harmony. This coherent state strengthens immunity and overall health, while also generating a sense of bonding. Vocalizing a consistent tone slows down the heart rate and respiration, while synchronizing brainwaves to help release tension and create a coherent state in the mind and body.</p>
<ul style="list-style-type: none"> ➤ Musicality 	<p>Pitch perception and the use of rhythm enhance musicality. Developing musical abilities aids in left and right brain synchronization, speech and language skills, creative expression, emotional awareness, and improving mental functions such as memory, focus, problem solving. Additionally, toning develops the ear-voice connection, which supports the natural development of musical expression.</p>

<p>➤ Self-Expression</p>	<p>Self-expression is critical for a healthy, creative, and confident human being.</p> <ul style="list-style-type: none"> • The National Association for Music Education states that that music can be used “as a tool for expressing and releasing difficult and beautiful emotions.”
<p>Physical Connection:</p> <p>➤ Body Awareness</p>	<p>Movement aids in the development of body awareness, improving gross and fine motor skills, spatial awareness, right brain functioning, balance, and muscle tone. Shaking, yawning, making faces, and rolling the spine are effective exercises in developing body awareness.</p>
<p>➤ Breath Awareness</p>	<p>Bringing awareness to the breath entrains the child into a consistent rhythm, creating steady brainwaves that enhance feelings of peace and calm. Additionally, toning develops both diaphragmatic and abdominal breathing, expanding the depth of the breath. This increases the oxygenation of the brain and body, enhancing cellular function.</p>
<p>➤ Auditory – Motor Coordination</p>	<p>Matching sound and movement increases auditory-motor coordination, which helps with preverbal communication, socio-cognitive skills, and cognition. It also builds strong and robust neural networks between voice and movement.</p>
<p>Mental/ Emotional Connection:</p> <p>Creativity</p>	<p>Creative expression develops imagination, problem solving skills, emotional intelligence, and conflict resolution skills. Fostering creativity provides children with a lifelong tool that relieves stress, provides a healthy outlet for expression, strengthens a sense of self, and</p>

	<p>establishes a unity between the brain hemispheres. Creative expression in the voice promotes the use of a full range of possible sounds, resulting in new neural pathways that aid in future learning.</p> <ul style="list-style-type: none">• The National Association for Music Education lists “creative expression” as one of the key benefits of studying music.
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Future Learning:

Single Vowel Frequency Sweep with Movement
#T5-5

Track 5: Emotional Expression
Category: Voice Expression

Age: 18 months – 3 years

Group/Individual: Group

Materials: n/a

Prerequisites:

- “Voice in the Body”

Guide Preparation:

- “Working with the Child Who is Sensitive to Sound”
- ”Guidelines for Toning: How to Protect Your Voice”
- “Voice in the Body”

Presentation:

Single Vowel Frequency Sweep with Movement

1. Help the children form a circle so they can see each other. Ask them to listen as you make the first sound. *Uu* is a good vowel to start with.
2. Sweep the first vowel sound from a low pitch to a high pitch while sweeping the arms up. Choose a low starting pitch and a speed that is comfortable for you. Then sweep the same vowel from a high pitch to a low pitch while sweeping the arms back down.
3. Crouch down with your hands on the floor as you prompt them to crouch down with you.
4. Do each vowel sound (*Uu, Oh, Ah, Eh, Ee*) 2 times while sweeping your arms up as you go from low to high, and lowering them down as you go from high to low. Pause for a dramatic breath at the top of each sweep.
5. Before changing the vowel sound, clearly tone it and prompt the children to repeat the sound with you before beginning the sweeps up and down.

Different Tempos

1. When comfortable, try the single vowel sweep at different speeds.

With Jump

1. Have the children sweep the last vowel sound *Ee* up and end with a jump!

Language: Sweep * Pitch * Vowel

POINTS OF INTEREST	DEVELOPMENTAL VALUE
<p>Smooth Flow:</p> <p>Note the smoothness of your voice's flow. Aspire to the smoothest flow possible.</p>	<p>A smooth flow of sounds and music entrain all systems in a human being into a consistent flow, which is the basis of peace and harmony.</p>
<p>Tempo:</p> <p>Note how the tempo of how fast you sweep affects the smoothness of the flow. The ideal tempo is where you can hear each vowel individually completely clearly, while still creating a smooth flow from one vowel to the next.</p>	

PURPOSE	RESEARCH AND ASSUMPTIONS
<p>Overall Connection:</p> <ul style="list-style-type: none"> ➤ Presence 	<p>The quality of being present creates focused attention on the child's sounds, movements, and reactions. This establishes a basis for attachment and bonding that will aid in the development of peace, awareness, emotional intelligence, self-confidence, and social connectedness.</p>
<ul style="list-style-type: none"> ➤ Coherence 	<p>Consistent tones create steady brainwaves that entrain the child into a state of physical, mental, and emotional coherence, resulting in overall peace and harmony. This coherent state strengthens immunity and overall health, while also generating a sense of bonding. Vocalizing a consistent tone slows down the heart rate and respiration, while synchronizing brainwaves to help release tension and create a coherent state</p>

	in the mind and body.
➤ Interpersonal Synchrony	Synchronous non-verbal communication, movements and sound trigger mirror neurons, which create the foundation for whole brain development.
➤ Smooth Flow	A smooth flow of sounds and music entrain all systems in a human being into a consistent flow, which is the basis of peace and harmony. Physical, mental, and emotional flow with minimal blockages is the essence of health.
Physical Connection: ➤ Auditory – Motor Coordination	Matching sound and movement increases auditory-motor coordination, which helps with preverbal communication, socio-cognitive skills, and cognition. It also builds strong and robust neural networks between voice and movement.
Mental Connection: ➤ Whole Brain Synchronization	Music, rhythm, and geometry engage both sides of your brain and help them work together, creating whole brain synchronization. This stimulates the corpus callosum, strengthening the bridge between the two brain hemispheres. Whole brain functioning improves cognition, focus, memory, creative thinking, problem solving, overall mental health, and the ability to perceive connections between seemingly contradictory concepts.
Spiritual Connection: ➤ Group Synchrony	Group synchrony supports attention, social connection, pro-social behavior, and stress reduction. Call and response exercises promote group synchrony; as the children respond in unison they can learn and correct their sounds from hearing the sounds of the other children. This is a result of mirror neurons firing in

	response to the observed activity of another.
<p>Sensory Refinement:</p> <ul style="list-style-type: none"> ➤ Auditory Awareness and Stimulation 	<p>Auditory stimulation is important for normal brain growth and connectivity.</p> <p>Non-auditory changes, such as attention, memory, and cognition, play an important role in auditory development.</p>
<ul style="list-style-type: none"> ➤ Full Spectrum Auditory Stimulation 	<p>Stimulation of the auditory system with a full spectrum of frequencies, harmonics, timbres, and musical intervals develops a wide range of neural pathways. In young children, exposure to a full spectrum of auditory stimulation supports optimal development of sensory systems and whole brain growth. Every frequency is equivalent to a nutrient and necessary for the optimal functioning of the system as a whole (mind, body, emotions, and spirit). Therefore, exposure to a full spectrum of frequencies is essential to overall health and well-being.</p>

Future Learning:

7. Continue with the vowel sounds *Ah*, *Eh*, *Ee*. To make the sound *Ah*, open the mouth and drop the jaw. Lower and flatten the tongue. The tip of the tongue will gently touch the gums just under the lower front teeth. (As when the dentist holds your tongue down with a depressor and asks you to say “Ah”). To make the *Eh* sound, open the mouth and drop the jaw as in the position for making the *Ah* sound, then close the mouth slightly. To make the *Ee* sound, open the mouth slightly.
8. Now make the long sound of *Mm*, and then *Shh*.
9. Even if the children do not engage, keep doing the exercise. Over time they will engage.

Language: Pitch * Tone

POINTS OF INTEREST	DEVELOPMENTAL VALUE
<p>Silence:</p> <p>Be especially aware of the peace in the silence in between vowels and at the end when you finish a vowel, or finish altogether.</p>	<p>The slow fade of the music to silence and the silence afterwards are important to pay attention to because this creates a state of peace.</p>
<p>Overstimulation:</p> <p>Watch for signs of being overwhelmed: a vacant face, glazed eyes, or staring at a fixed object.</p>	

PURPOSE	RESEARCH AND ASSUMPTIONS
<p>Overall Connection:</p> <ul style="list-style-type: none"> ➤ Presence 	<p>The quality of being present creates focused attention on the child’s sounds, movements, and reactions. This establishes a basis for attachment and bonding that will aid in the development of peace, awareness, emotional intelligence, self-confidence, and social connectedness.</p>
<ul style="list-style-type: none"> ➤ Coherence 	<p>Consistent tones create steady brainwaves that entrain the child into a state of physical, mental, and emotional coherence, resulting in</p>

	overall peace and harmony. This coherent state strengthens immunity and overall health, while also generating a sense of bonding. Vocalizing a consistent tone slows down the heart rate and respiration, while synchronizing brainwaves to help release tension and create a coherent state in the mind and body.
➤ Interpersonal Synchrony	Synchronous non-verbal communication, movements and sound trigger mirror neurons, which create the foundation for whole brain development.
➤ Smooth Flow	A smooth flow of sounds and music entrain all systems in a human being into a consistent flow, which is the basis of peace and harmony. Physical, mental, and emotional flow with minimal blockages is the essence of health.
Physical Connection: ➤ Breath Awareness	Bringing awareness to the breath entrains the child into a consistent rhythm, creating steady brainwaves that enhance feelings of peace and calm. Additionally, toning develops both diaphragmatic and abdominal breathing, expanding the depth of the breath. This increases the oxygenation of the brain and body, enhancing cellular function.
Emotional Connection: ➤ Emotional Engagement	Consistent emotional engagement supports the integration of multisensory stimuli, social connection, self-regulation, self-awareness, self-esteem, and empathy. Additionally, emotional excitement created through these engagements enhances memory and learning. Emotionally engaging with nonverbal communication (body language, facial expression, eye contact, tone, and intention) aids in right brain development.

<p>➤ Emotional Stability</p>	<p>Consistent rhythms and tones entrain the brain into a coherent state that supports emotional stability. When consistent tones or harmonious melodic intervals are listened to or produced by the voice they create emotional and physical harmony. Emotional stability contributes to overall well-being, self-confidence, sense of security, emotional intelligence, and positive social behavior.</p>
<p>Mental/ Emotional Connection:</p> <p>➤ Confidence and Self-esteem</p>	<p>Secure attachment supported by emotional engagement provides a foundation for developing confidence and self-esteem. Confidence and healthy self-esteem effect overall well-being, playing an important role in feelings of security, acquiring and mastering new skills, likelihood to succeed in the world, and forming healthy relationships.</p> <p>Mastery of musical instruments that are simple to play helps create more confidence.</p>
<p>Mental Connection:</p> <p>➤ Brainwave Entrainment</p>	<p>Consistent tones and rhythms create brainwave entrainment, a process whereby the brain synchronizes to the frequency of the external stimuli. This allows the brain to entrain into certain brainwave states, such as delta, theta, alpha, and beta. These brainwave states have been proven to enhance sleep, meditation, creativity, presence, focus, learning, and mental processing.</p>
<p>➤ Speech and Language Skills</p>	<p>Auditory discrimination of vowel sounds is a necessary foundation for the future development of speech and language skills. Word associations with vowel sounds further support language learning.</p> <p>Rhythm exercises support future language learning, as similar to music, language has strong rhythmic patterns. The timing of syllables in language helps define one speech</p>

	<p>sound from another and it's the ability to identify these differences that helps babies learn to speak.</p>
<p>Sensory Refinement:</p> <ul style="list-style-type: none"> ➤ Auditory Awareness and Stimulation 	<p>Auditory stimulation is important for normal brain growth and connectivity.</p> <p>Non-auditory changes, such as attention, memory, and cognition, play an important role in auditory development.</p>
<ul style="list-style-type: none"> ➤ Multisensory Integration 	<p>Multi-sensory input and output create higher brain functioning. Infants can perceive emotions as they learn to discriminate these emotions in multimodal contexts. Attention to relationships between faces, tones of voice, and emotional states develops with experience.</p>
<ul style="list-style-type: none"> ➤ Novelty 	<p>The auditory system adapts in response to novel stimuli, allowing for neural plasticity, a key feature of development throughout the nervous system.</p>

Future Learning:

- Ability to create peace in any situation by toning a vowel.

Steady Beat Vocal Rhythms
#T5-13

Track 5: Emotional Expression
Category: Voice Expression

Age: 18 months – 3 years

Group/Individual: Group

Materials: List of Vowel/Consonant Combinations

Prerequisites:

- “Toning Long Vowel Sounds”

Guide Preparation:

- “Working with the Child Who is Sensitive to Sound”
- ”Guidelines for Toning: How to Protect Your Voice”
- “Voice in the Body”

Repetition and Duration:

Presentation:

4 Beat Vowel Rhythms

1. Let the children know that you are going to create a vocal rhythm. Tell them to listen first and then make the same rhythm in sync with you.
2. Choose a rhythm that feels comfortable for you. To keep a stable rhythm, tap on your leg during the exercise, especially during the pauses in vocalization. You can also use a metronome to keep a steady beat rhythm.
3. Exaggerate the lip movements for each vowel sound.
4. Do each vowel sound (*Uu, Oh, Ah, Eh, and Ee*) in a 4-beat sequence, 4 times. Between each repetition pause for 4 beats. The first of the 4 is done to demonstrate. Have the children join you for the last 3. Smile and pause between each vowel sound sequence.

Uu Uu Uu Uu (tap 1, 2, 3, 4) *Uu Uu Uu Uu* (tap 1, 2, 3, 4)...

Uu Uu Uu Uu (tap 1, 2, 3, 4) *Uu Uu Uu Uu* (tap 1, 2, 3, 4)... PAUSE

Oh Oh Oh Oh (tap 1, 2, 3, 4) *Oh Oh Oh Oh* (tap 1, 2, 3, 4)...

Oh Oh Oh Oh (tap 1, 2, 3, 4) *Oh Oh Oh Oh* (tap 1, 2, 3, 4)... PAUSE

Ma Ma Ma Ma (1, 2, 3, 4) Ma Ma Ma Ma (1, 2, 3, 4)...

Pa Pa Pa Pa (1, 2, 3, 4) Pa Pa Pa Pa (1, 2, 3, 4)...

Language: Consonant * Alternate * Vocal * Rhythm * In Sync

POINTS OF INTEREST	DEVELOPMENTAL VALUE
<p>Adjust the Tempo:</p> <p>Try different tempos of rhythm with different children. Notice how different tempos affect the children.</p>	<p>Every child has a natural rhythm based on their heart rate and brainwave rates. A rhythm that feels comfortable to you may not feel equally comfortable to different children.</p>
<p>Keep a Steady Beat:</p> <p>If a child becomes agitated at all, make sure your rhythm is consistent. If necessary, use a metronome to learn to keep a steady beat rhythm.</p>	<p>Consistent rhythms create steady brainwaves that entrain the child into a state of physical, mental, and emotional coherence, resulting in overall peace and harmony.</p>
<p>Disengagement:</p> <p>Note when students are unengaged. Adjust exercise accordingly. Children will engage over time.</p>	
<p>Silence:</p> <p>Be especially aware of the peace in the silence in between vowels and at the end when you finish a vowel, or finish altogether.</p>	<p>The slow fade of the music to silence and the silence afterwards are important to pay attention to because this creates a state of peace.</p>

PURPOSE	RESEARCH AND ASSUMPTIONS
<p>Overall Connection:</p> <ul style="list-style-type: none"> ➤ Presence 	<p>The quality of being present creates focused attention on the child's sounds, movements, and reactions. This establishes a basis for attachment and bonding that will aid in the development of peace, awareness, emotional intelligence, self-confidence, and social connectedness.</p>

<p>➤ Coherence</p>	<p>Consistent tones create steady brainwaves that entrain the child into a state of physical, mental, and emotional coherence, resulting in overall peace and harmony. This coherent state strengthens immunity and overall health, while also generating a sense of bonding. Vocalizing a consistent tone slows down the heart rate and respiration, while synchronizing brainwaves to help release tension and create a coherent state in the mind and body.</p>
<p>➤ Consistency</p>	<p>Consistent rhythms entrain the child into peace, creating physical and emotional stability through the development of steady brainwaves, thought patterns, and focus. This stability strengthens immunity and overall health, while also generating a sense of bonding. In addition, the development of in sync timing is foundational for cognitive thought, movement, sensory response, and vital functions.</p> <p>Repetitive speech catalyzes a parasympathetic response of the nervous system and increased vagal tone by stimulating the vagus nerve.</p>
<p>Emotional Connection:</p> <p>➤ Emotional Engagement</p>	<p>Consistent emotional engagement supports the integration of multisensory stimuli, social connection, self-regulation, self-awareness, self-esteem, and empathy. Additionally, emotional excitement created through these engagements enhances memory and learning. Emotionally engaging with nonverbal communication (body language, facial expression, eye contact, tone, and intention) aids in right brain development.</p>
<p>➤ Emotional Stability</p>	<p>Consistent rhythms and tones entrain the brain into a coherent state that supports emotional stability. When consistent tones or harmonious melodic intervals are listened to or produced</p>

	by the voice they create emotional and physical harmony. Emotional stability contributes to overall well-being, self-confidence, sense of security, emotional intelligence, and positive social behavior.
➤ Confidence and Self-esteem	Secure attachment supported by emotional engagement provides a foundation for developing confidence and self-esteem. Confidence and healthy self-esteem effect overall well-being, playing an important role in feelings of security, acquiring and mastering new skills, likelihood to succeed in the world, and forming healthy relationships.
Mental Connection: ➤ Brainwave Entrainment	Consistent tones and rhythms create brainwave entrainment, a process whereby the brain synchronizes to the frequency of the external stimuli. This allows the brain to entrain into certain brainwave states, such as delta, theta, alpha, and beta. These brainwave states have been proven to enhance sleep, meditation, creativity, presence, focus, learning, and mental processing.
➤ Whole Brain Synchronization	Music, rhythm, and geometry engage both sides of your brain and help them work together, creating whole brain synchronization. This stimulates the corpus callosum, strengthening the bridge between the two brain hemispheres. Whole brain functioning improves cognition, focus, memory, creative thinking, problem solving, overall mental health, and the ability to perceive connections between seemingly contradictory concepts.
➤ Speech and Language Skills	Auditory discrimination of vowel sounds is a necessary foundation for the future development of speech and language skills. Word associations with vowel sounds further

	<p>support language learning.</p> <p>Rhythm exercises support future language learning, as similar to music, language has strong rhythmic patterns. The timing of syllables in language helps define one speech sound from another and it's the ability to identify these differences that helps babies learn to speak.</p>
<p>Sensory Refinement:</p> <ul style="list-style-type: none"> ➤ Auditory Awareness and Stimulation 	<p>Auditory stimulation is important for normal brain growth and connectivity.</p> <p>Non-auditory changes, such as attention, memory, and cognition, play an important role in auditory development.</p>
<ul style="list-style-type: none"> ➤ Temporal Awareness 	<p>Differentiating between short and long sounds is important for auditory processing and the optimal development of temporal awareness. The ability to differentiate short and long sounds involves the awareness of time, which serves as an important aspect of language learning and the development of social intelligence. It also contributes to speech and language skills.</p>
<ul style="list-style-type: none"> ➤ Auditory-Visual Integration 	<p>Visually locating the source of a sound in space enhances auditory-visual integration, supporting optimal sensory development important for preverbal logic and language learning.</p>
<ul style="list-style-type: none"> ➤ Multisensory Integration 	<p>Multi-sensory input and output create higher brain functioning. Infants can perceive emotions as they learn to discriminate these emotions in multimodal contexts. Attention to relationships between faces, tones of voice, and emotional states develops with experience.</p>

➤ Novelty	The auditory system adapts in response to novel stimuli, allowing for neural plasticity, a key feature of development throughout the nervous system.
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Future Learning:

- Emotional stability
 - Developing steady beat rhythms for playing more complex rhythms