



**WIGGLE AND JAM**  
**MUSIC AND MOVEMENT**

TODAY YOU ARE **YOU**, THAT IS TRUER THAN

**TRUE** THERE IS NO ONE ALIVE WHO IS

**YOUER THAN YOU**

DR SEUSS

[utekendzia@gmail.com](mailto:utekendzia@gmail.com)

[wiggleandjam.co.za](http://wiggleandjam.co.za)

### Our Vision:

- We are a team of dedicated music & movement teachers devoted to developing happy children through Music & Movement.
- To develop rhythmic abilities in children which are essential for writing, reading and language skills
- To develop logical and creative thought by stimulating the left and right brain simultaneously.
- To stimulate and enhance the child's problem solving and mathematical skills
- To assist with the development of fine and gross motor skills.
- To help the children to communicate by expressing their thoughts and feelings
- To develop music appreciation within each child
- To include a variety of music in different languages and from different cultures in South Africa
- To develop children holistically through the use of different percussion instruments
- To provide a professional and reliable service to our clients: the children we teach, their parents and the schools at which we teach

**During the movement and music classes we focus on the holistic development  
of all children in the following areas  
Physical, Intellectual, Emotional, Social and Language**

During our Wiggle & Jam Music and Movement Classes children learn to:

- To listen to different types of music
- To play their instruments to a beat
- To listen to and follow instructions
- To co-operate in and be part of a group
- To develop gross and fine motor skills, hand-eye and foot-eye coordination
- To become aware of their bodies in space
- To cross the midline and use bilateral movement

We also incorporate some brain-gym movements

- Move expressively and rhythmically
- Value music as part of everyday life
- Listen to and follow instructions
- Listen appreciatively, refine listening skills, noticing changes in tempo or pitch
- Learn new information, facts, words and concepts
- Express emotions
- Explore cause and effect
- Improve core muscles, balance, coordination, and rhythm through dance and movement activities
- Improve small motor skills, learning finger plays and playing musical instruments.

### **Through Music and Movements we:**

- Create Happy children
- Introduce different ways of thinking by stimulating both sides of the brain
- Stimulate a child's problem solving skills
- Help the child to communicate and express emotions
- Help them with listening skills and concentration
- Help children with memory
- Develop language skills
- Teach children discipline and boundaries
- Give children the opportunity to be creative
- Help children to develop a strong self-esteem
- Encourage children to develop relationships with others

### **Music stimulates**

- The brain, the emotions and the body simultaneously
- Both the logical and creative side of the brain and by utilizing both sides simultaneously the brain grows connections across the hemispheres.
- The more neurological brain activity we have, the faster we are able to think!

### **Music Babies & Toddlers – Babies up to age 2**

Between the ages of 0 to 3 children have an **Unconscious Absorbent Mind**.

One might think that babies are too small for music and movement lessons because they tend to be unresponsive. Scientific research however tells us that babies are born with billions of brain cells waiting to be stimulated and the more these brain cells are stimulated, the more neurological connections are made. This leads to an increase with development of the brain and a “keener” child later.

Music stimulates the WHOLE brain. Our activities are designed to stimulate the baby as much as possible at each developmental level. Once babies start to crawl, they have an active interest in their surroundings. Our activities therefore change to accommodate and encourage learning through movement.

Once these babies progress to the toddler stage, they discover the joy of walking we give them many opportunities to explore movements with their body. This is also when they begin to actively explore different percussion instruments and rhythms.

### **Music Minors – aged between 2 to 4 years**

As children learn by being active and involving all their senses, they move into the phase of the **Conscious Absorbent Mind**.

Between the ages of 2 to 4 they start exploring language. We begin to include more stories and facts in our activities. We include Gross Motor movements, Balance, Spatial Orientation and Body Labelling activities with percussion exploration, songs and rhymes. All children have a natural love for music, which we nurture and encourage to ensure a lifetime of musical learning.

Activities become more complex and socially interactive. As children are exposed to musical activities they develop musical intelligence. Children learn about different musical instruments, composers and are exposed to a variety of different genres of music

### **Music Youngsters – aged between 4 to 6 years**

During their Pre-School Year, school readiness activities become our focus for the 4 to 6 year olds. We now focus on perceptual skills through the use of percussion and movement activities. Drumming is used to develop counting, reading and listening skills. We also focus on developing musical knowledge by teaching theoretical notation, Classical composers, the orchestra, and more.

Activities become more complex and children now need to focus, listen to and remember instructions.