

Family Mental Fitness North East Programme Overview

Musical Minds in Motion



EYFS	KS1	KS2	KS3	FAMILIES
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Musical Minds in Motion is a creative movement and rhythm-based wellbeing programme designed for children and young people from KS1 to KS3. The sessions combine guided movement, music, and sensory props to support self-regulation, coordination, confidence, and emotional expression.

Children take part in beat games, simple movement routines, and guided expression using scarves, ribbons, and props—building body awareness while enjoying the emotional freedom of music-led movement.

Purpose

To boost mental health, focus, and body regulation through music-led movement that is inclusive, expressive, and fun. This is not a sports session—it's a creative space for emotional release, connection, and confidence-building through rhythm, movement, and play.

Impact

- Improved attention, focus, and regulation
- Increased engagement in learning following sessions
- Boosted self-expression, body confidence, and coordination
- Support for emotional release and anxiety reduction
- Positive shared experiences that strengthen group connection

Outcomes

- Stronger sense of self-regulation and confidence
- Increased willingness to participate and try new experiences
- Positive emotional associations with movement and music
- Enhanced body awareness, rhythm, and expressive communication

Example Session Structure

- Welcome & Warm-Up: Rhythmic grounding with claps, stomps, or percussion
 - Beat Games: Stomp routines, clapping patterns, or call-and-response rhythms
 - Directed Movement: Themed routines using scarves, ribbons, or small props
 - Freestyle Exploration: Expressive dance to chosen tracks (encouraged, not assessed)
 - Cool Down: Stretching, deep breathing, and shared group affirmation
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Group Size

Small group – 6 to 8 children

Session Duration

10 × 45-minute weekly sessions

Cost Per Session

Schools and Public Bodies: £21

Subsidised for families: £11

For Funders

Fully funded cost per 12-week programme: £1,900

(£24 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

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