

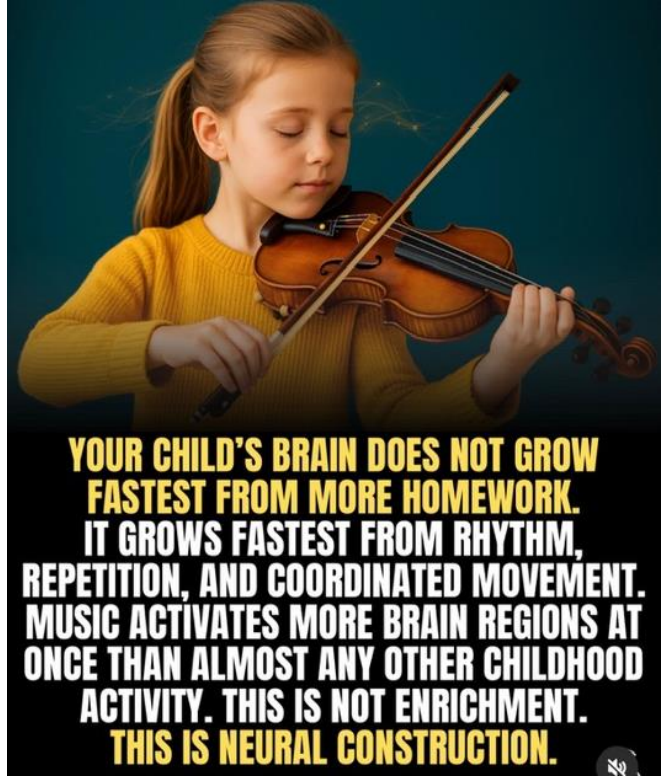
Finding Our Rhythm: Using Music & Movement to Support Self Regulation in Early Childhood

CAROLYN WOLBRINK, PRESENTER

Opening & Welcome

My Self-Regulation Story









Carolyn Wolbrink

Home Visitor

SCCD Inc / Head Start



Why Music Works

1. Rhythm Organizes the Nervous System
2. Repetition builds a Sense of Safety
3. Predictability Lowers Stress
4. Group Singing Builds Connection



Feel the Difference

1.Calming song: Eyes are Watching

2.Connection songs: Hello How Do You Do, Clap Your Hands, Knock Knock, Cobbler Cobbler, Shake Your Eggs, Bells Are Ringing

3.Energizing song: Everybody Wave & Sing Goodbye



Real Life Scenarios At home, At school, On the playground, In a restaurant

1. What kind of song would you use?
2. Would you sing fast or slow, loud or quiet?
3. Would you add movement or reduce stimulation?
4. Any other ideas?





Closing Reflection

Thank you

Carolyn Wolbrink, Home Visitor

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