



## Singing & Music

Steiner: *“Music tunes and heals the soul life of the human being.”*

### *Steiner's indications on singing and music:*

The human being is a musical being, and the making of music is essential in experiencing what it is to be fully human. Music in the Waldorf curriculum awakens and nurtures the deep inner life of the child.

### *Studies & benefits:*

Researchers have found that music can help children learn multiplication tables and improve early literacy skills. Music supports self-expression, cooperative play, creativity, emotional well being, and development of social, cognitive, communication, and motor skills. Music and singing are a fun and effective way to help young children learn.

Musical training enhances the way children's nervous systems process sounds in a busy environment and this improvement appears to boost memory and attention spans.

Music performance is known to induce structural and functional changes to the human brain and enhance cognition.

### *Mood of the Fifth:*

Consists of 5 notes (C & F are left out- leaving A,B,D,E, G)  
Together those 5 notes sound great in any combination (harmonic)  
Heavenly quality (Asian quality)

The music is sung or played in a way that it has a center point and it makes a figure eight around the center note. Starting on A the note will go up and come back down to A and then go down and come back up to A again.

### ***How can Mom get started?***

A child has been listening to the mother's voice since before birth. She hums, coos, sings lullabies as nurses or changes a diaper.

It's ok no matter how your voice sounds. It is not about trying to sound like a recording or musical artist. You listen to a CD or recording to learn it- then YOU sing to your child. A mother's voice is primordial; alive. Recorded music is compressed not the same healing powers and energy. By the parent singing, or moving, or telling a story the child receives the message that it is ok to express themselves

### ***Tips:***

Sing with no judgement toward yourself or your child. Just open your mouth and sing! Your child will love feeling the love coming from your voice into their being.

### ***Ideas: Sing simple lullabies, folk songs***

Twinkle Twinkle Little Star  
Hush Little Baby  
Brahms Lullaby  
Rock-a-Bye Baby

### ***Nursery Rhymes:***

Ba Ba Black Sheep  
Farmer in the Dell  
Go In and Out the Window  
Hickory Dickory Dock  
Hot Cross Buns  
Itsy Bitsy Spider  
Jack and Jill  
Lavender's Blue  
London Bridge  
The Mulberry Bush  
Polly Put the Kettle On  
Two Little Black Birds

### ***When Can I Sing with My Child?***

Circle Time  
While preparing a meal  
Transitions (moving from one activity to another)  
Clean up  
Chores/purposeful work  
Baking  
Bedtime  
...anytime!

***Recorder or Flute Tips:***

Take it slow  
Learn to blow first, then take it one note at a time.  
No learning to read notes, just by ear.  
Practice 3 notes and see how many songs you can play  
Create your own tunes with just a few notes  
Sing and play the same song for extra fun

***Resources:***

Naturally You Can Sing CD's/Songbooks  
Oak Meadow Beginner Recorder guide  
Your family songs passed down  
Favorite songs as a child

My **School for all Seasons curriculum** has a Circle Time included with songs recorded for you to learn.

Wooden Recorder  
Choroi pentatonic flute