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Music and movement activities for kindergarten

Lateral movement, or lateral traffic, is a network attacker’s progression through the network once they have breached it. Lateral movement is also known as east-west traffic, indicating horizontal progression through an already-breached network, and contrasts with north-south traffic, or first entering the network. Lateral movement is challenging for organizations to track because once an attacker has entered a network, their traffic appears normal. It’s hard to distinguish between an attacker and authorized users because they’ve already gained access. Reasons for lateral movement Attackers can gain initial access to a network using: Employee devices, particularly in the Internet of Things. IoT devices have fewer security protocols than smartphones and computers. If an attacker accesses an IoT device that connects to the company network, they may then be able to thread their way into the network. Company email. Social engineering heavily relies on fraudulent emails, which might ask an employee for their credentials or include malware. Once the attacker has that information, they can proceed into the network as a trusted user. Malicious software installed on a company computer: if an attacker convinces an employee to click a link, malware could install on that computer and then give the attacker a pathway into the network. Traditional network security doesn’t handle lateral movement well because it doesn’t have good methods of protecting the inside of the private network. Everyone who is allowed through the firewall at the perimeter can then meander through the network at their leisure. This also makes it harder for organizations to find a threat once it’s inside, especially if the attacker has stolen an employee’s credentials. Sorting through all of the data both manually and efficiently is impossible for most IT teams. Combatting lateral movement with XDR In traditional network security solutions, separate software and systems are not centralized: they’re siloed. It’s more difficult for a business to manage its network security when multiple applications are analyzing data. A centralized threat detection and response solution that can analyze all the data and notice patterns is a better way to monitor a network. Extended detection and response (XDR) is one of the best choices for large organizations because it removes the silos between security solutions. XDR monitors all the data from applications and servers. An XDR solution includes automation, which saves IT and engineering teams time. Some XDR solutions implement machine learning, which studies patterns in data and eventually learns to notice anomalies and prioritize alerts to technology teams, similar to user and entity behavior analytics (UEBA). If trained sufficiently, machines can interpret words and also their context to better understand a situation. If a certain computer, account, or server behaves unusually, a good network detection and response solution will notice that and take proactive measures to find the cause. XDR does not just detect threats but also tracks them and addresses them quickly. Zero trust and microsegmentation are other technologies designed to limit access in event of a breach or stolen credentials. If you have a little one, you already know preschoolers love to move, explore, and make noise! They are learning by exploring and experimenting. Attention spans are limited, and music lessons that insist on simply sitting still and listening will likely fail. Kids this age learn best by involving their bodies and moving. I’ve taught ‘piano’ to students as young as 3, but these lessons were filled with movement activities. You can easily do many of the same activities with your own kids at home!This post may contain affiliate links, which means I receive a small commission, at no extra cost to you, if you make a purchase using the link. See the full disclosure for more information.What are Music & Movement Activities?Music and movement activities let preschoolers explore music through movement. They use their bodies, simple rhythm instruments, and large movements. This is ideal for learning music at this age and gives 3-5 year olds a chance to experience music, and rhythm in age-appropriate ways. Get the Free Printable of 15 Music & Movement Ideas Why are Music & Movement Important for 3-5 Year Olds?Gross motor skillsMovement games involving tapping and clapping help children develop coordination. They also develop an awareness of their bodies and personal space. Music and movement activities also help little ones build the foundation of motor skills for life skills like tying their shoes.CreativityKids enjoy moving creatively and exploring sounds. Music and movement encourage imagination. For example, kids might imagine and creatively act out an animal while listening to classical music. Encouraging creativity helps kids develop problem-solving skills as they get older.Preparation for later music lessons Similar to language skills, this is an ideal age to start learning music by listening to it and imitating sounds. While reading music doesn’t happen any faster if you start at the preschool level, preschool children who have a music education will have a strong basis for music lessons later. They also often develop a strong sense of rhythm more easily than children beginning at an older age.Listening skillsMusical movement games usually involve listening to and following directions. Children will also be actively listening in action songs and games. Building these skills before they are in school with fun music games is a great idea!Social skillsIn group settings, 3-5 year olds will learn to work alongside others and respect each other’s physical space while they are moving about. They also learn to cooperate and listen to each other. For example, when participating in a circle song or game, or when they are clapping, tapping, or singing in time together.Tips for successOpen-ended activities are a great idea at home where children can explore and learn informally. Let them be creative and experiment with music, movement, and making sounds. More structured activities will be most successful for 3-5 year olds when they are well planned, flexible, and short.Activity Ideas for Preschool Music and Movement ActivitiesBelow are 7 music & movement activity ideas for you to try with your preschooler. 3 year olds are very different from 5 year olds, of course, so adapt the activities to your child.Shakers I think shakers are the best instrument for the youngest kids. They are easy to grasp and keep hold of, and they don’t need a high level of coordination to get started. Preschoolers will enjoy shaking along to the music, or holding them while dancing to create more noise. They can begin to follow the beat with their shakers, and also use them for the other activities belowOther rhythm instrumentsMost rhythm instruments are a good fit for children by age 3 or 4. Fun options include small drums, jingle bells, or rhythm sticks. Let your children explore the different sounds and create their own music. Or use them to follow the beat in a simple song.A fun example is to adapt ‘ The Ants Go Marching’ song for rhythm instruments to sing: ‘The sticks go tapping’ or ‘The bells go jingling’. The song has a strong beat and an easily learned melody with repetitive words, which are all good at this age. Preschoolers love repetition with small changes, such as the same song with a new motion or action.Free movement & DancingScarves and ribbons are a lot of fun to use as props for 3-5 year olds. Be sure to supervise of course, especially for the youngest ones.Encourage your children to listen to the music and act out how it sounds. For example, if you played ‘The Skating Waltz’ (by Emile Waldeufel) they could glide around the room waving their scarf slowly in the air. Maybe they would pretend to be a princess or a ballerina, but probably not a dinosaur!You could listen to ‘Flight of the Bumblebee’ (by Rimsky-Korsakov) and pretend to buzz around the room quickly. Perhaps another piece of music would encourage slow and heavy stomping like a dinosaur. Get the Free Printable of 15 Music & Movement Ideas Motion songs Sing action songs with your children, or play them from YouTube or your favorite playlist. Some of my favorite action songs are:‘The Hokey pokey’- this such a fun activity for kids, and will lead to lots of giggles! It also teaches about the body and awareness of space while moving your body.‘Wheels on the bus’ - This can be sung and acted out. It’s also fun to substitute the words. For example sing ‘The feet on the bus go stomp, stomp, stomp’ or ‘hands go clap, clap, clap’ or ‘noses go beep’. Encourage your kids to be creative and come up with some more ideas!’Ring Around the Rosie’ and similar circle chants with actions are also a good fit for preschoolers. Although they are great for larger groups, you can still do these songs with as little as just 2 people at home with your child.‘Teddy Bear, Teddy Bear, Turn Around’ - rhyming song!‘I’m a Little Teapot’ action songFreeze dance You’re probably familiar with the freeze dance game. You play music for everyone to dance to, and they must freeze when the music goes off or be out. This game is a great movement break from other activities to get kids up and moving to some tunes.Imitation Imitation and copycat games help develop listening skills and rhythm. For example, you could play ‘Simon Says’ using rhythms. If your children have shakers you could say ‘Simon says shake up high’ and then shake a rhythm for them to copy. Have fun with very simple rhythms, clapping them, singing them, or even tapping them on your nose!MarchingMarching encourages children to feel the beat and rhythm of the music. Let your child create their own musical instrument. A maraca, shaker, or drum are all simple ideas you can make from things you have around the house. For example, a coffee can and wooden spoon drum, a plastic egg shaker, or a toilet paper roll taped closed and filled with beans.Find some marching band music on YouTube or play your favorite children’s songs with a strong beat such as ‘The Grand Old Duke of York’. Your preschoolers can march along to beat with their new instruments and have a parade!A favourite resource for rhythm instrument activities for preschoolers!I’ve had some questions about more resources for music and movement activities for 3-5 year olds, especially using instruments. (If you’re interested in preschool piano I have some relevant posts) But, more relevant to this topic, are rhythm instrument activities. Rhythm instruments give preschoolers the opportunity to move their bodies while developing motor skills and making music.My favourite resource for rhythm instrument activities (practically an encyclopedia of familiar songs, movement rhymes, and games) is a book I’ve had for quite a few years: 101 Rhythm Instrument Activities for Young Children by Abigail Flesch Connors. I’d suggest this book especially for preschool teachers, or anyone in early childhood education wanting to incorporate more music and movement activities.Music and movement activities with your preschoolerMusic and movement activities are the perfect way for 3-5 year olds to experience music-making. They benefit both your child’s physical development and their learning. These are simple activities for parents to do at home with their kids and would be easily adaptable for preschool teachers as well. What music activities does your preschooler enjoy?You might also like:

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