Innovative Movement and Music Strategies for the Classroom

NSEE CONFERENCE
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Benefits

- Reorganization of the neurological system
- Increased blood and oxygen flow to the respiratory system and brain
- Enhanced core support, connectivity, and alignment
- Deeper understanding of the elements of dance technique
Breathing and stretching
Tactile
Core-distal
Head-tail movement
Upper-lower connection
Body-side connection
Hand-eye coordination
Cross-body
Vestibular: Swinging and Spinning
BrainDance

- Vestibular spinning
- Breath
- Cross-lateral open book
- Body halves hit-foot
- Head-tail touch toes and reach for the stars
- Upper-lower hit-knee
- Tactile bugs
- Core-distal move arms kick legs
Benefits of Incorporating Music in the Classroom

- Eases physical pain
- Reduces Stress
- Meditative State
- Awakes the mind
- Elevates the mood
- Helps one think Creativity to solve problems
- Helps one perform better under high pressure situation
Benefits Continued

- Music training helps develop brain areas involved in language and reasoning
- Provides glimpse into other cultures and teaches them to be empathetic
- Music study enhances teamwork skills and discipline
- Allows for self-expression and individuality
- Brings a sense of community within the classroom
Creativity Music Exercises

- Listen to various music
- Describe the mood, character, and emotion
- Discuss Relation to society, history, culture, language, etc.
- Improvisation Rhythm Games
- Walking, clapping, stomping to the rhythm
- Call and Response with Singing
Dalcroze Eurhythmnic's
http://www.dalcrozeusa.org/

- Teaches concepts of musical structure using movement
- Founded by Emile Jaques-Dalcroze (1865-1950)
Solfege Singing

Kodaly Method of Learning Music

- From Sound of Music Musical
  https://www.youtube.com/watch?v=rgaWkL3zhfK

- More Information:
  http://www.princeton.edu/~achaney/tmve/wiki100k/docs/Solf%C3%A8ge.html
Solfege Hand Symbols

Do
Sol
Re
La
Mi
Ti
Fa
Do
Laban Movement

- Founded by Rudolf Laban (1879-1958)
- Study and analysis of basic principles of human movement structure and purpose
- More Information: [http://www.ista.co.uk/downloads/LabanMovementbyJillianCampana.pdf](http://www.ista.co.uk/downloads/LabanMovementbyJillianCampana.pdf)

Flow: Bound or Free
Space: Direct or Indirect
Time: Sudden or Sustained
Weight: Strong or Light
Laban Movement Analysis
Thank you!