

Innovative Movement and Music Strategies for the Classroom

NSEE CONFERENCE

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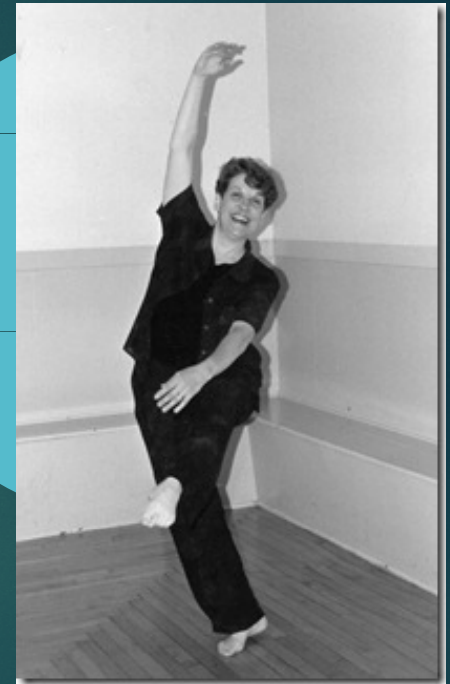
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BrainDance

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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



BrainDance

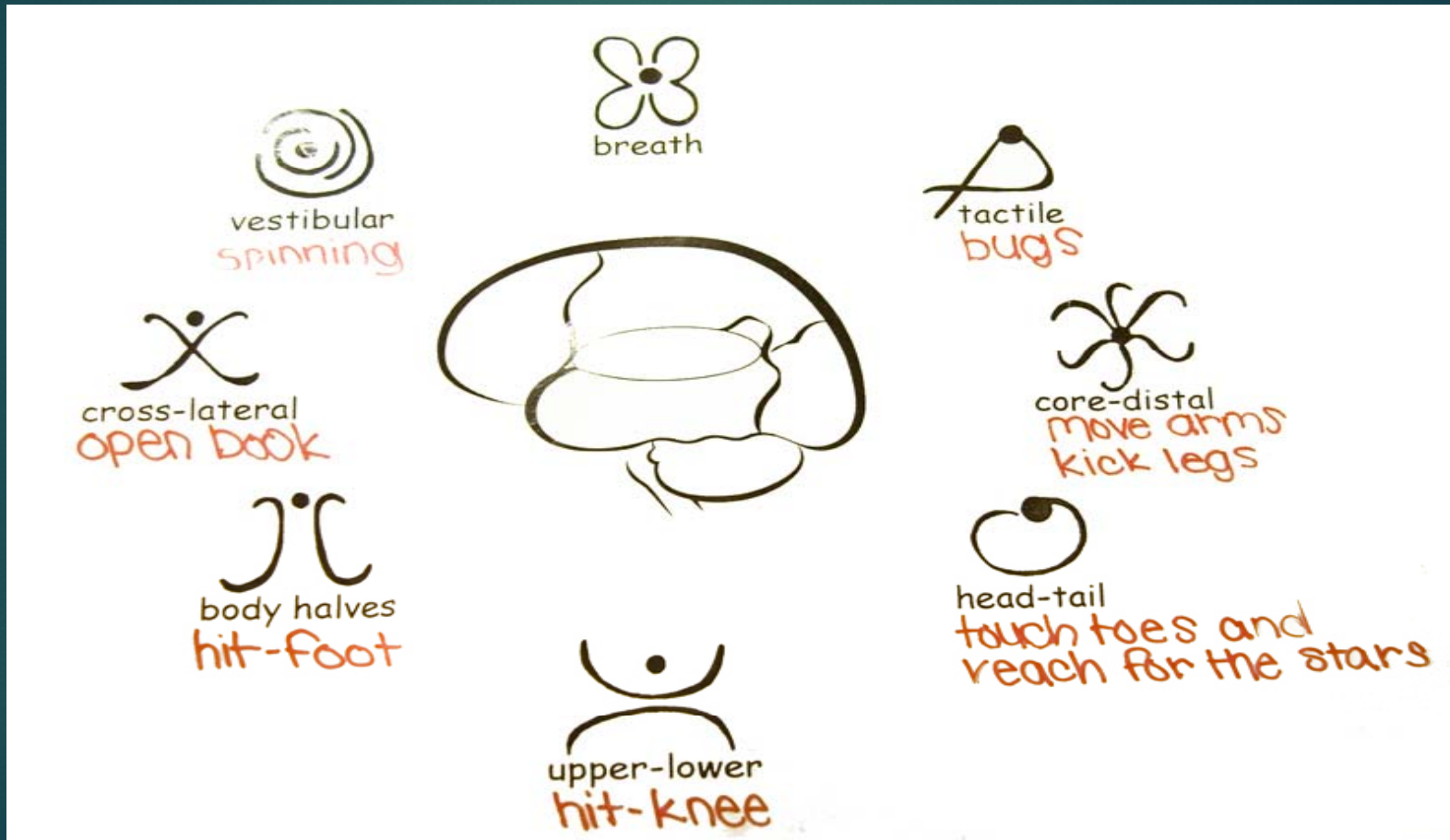
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- ▶ Breathing and stretching
- ▶ Tactile
- ▶ Core-distal
- ▶ Head-tail movement
- ▶ Upper-lower connection
- ▶ Body- side connection
- ▶ Hand-eye coordination
- ▶ Cross-body
- ▶ Vestibular: Swinging and Spinning



BrainDance



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 Eurhythmics

<http://www.dalcrozeusa.org/>

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



Solfège Singing

Kodaly Method of Learning Music

- ▶ From Sound of Music Musical

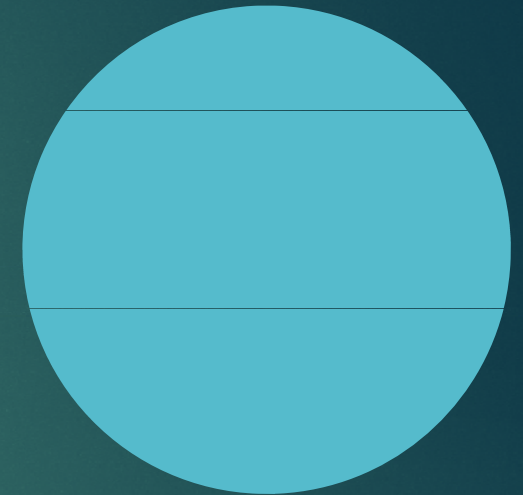
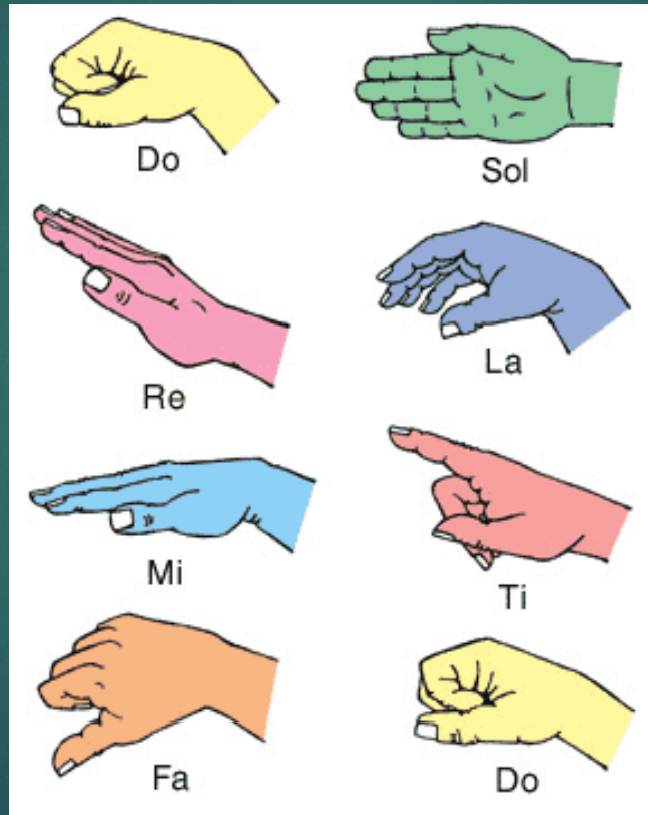
<https://www.youtube.com/watch?v=rgawkL3zhfE>

- ▶ More Information:

<http://www.princeton.edu/~achaney/tmve/wiki100k/docs/Solf%C3%A8ge.html>



Solfège Hand Symbols



Laban Movement

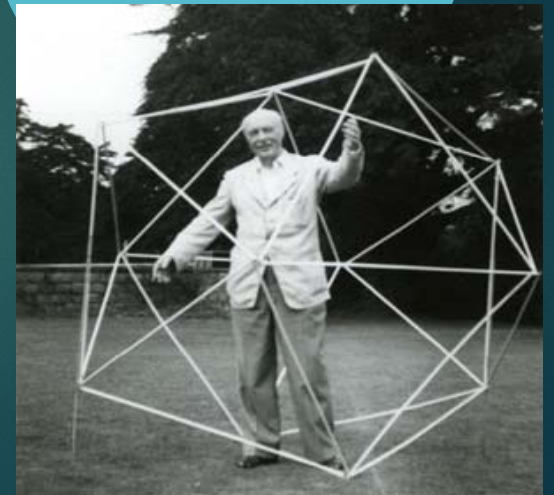
- ▶ Founded by Rudolf Laban (1879-1958)
- ▶ Study and analysis of basic principles of human movement structure and purpose
- ▶ More Information:
<http://www.ista.co.uk/downloads/LabanMovementbyJillianCampana.pdf>

Flow: Bound or Free

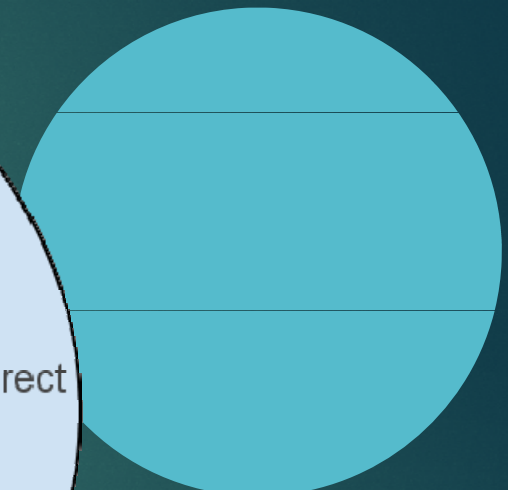
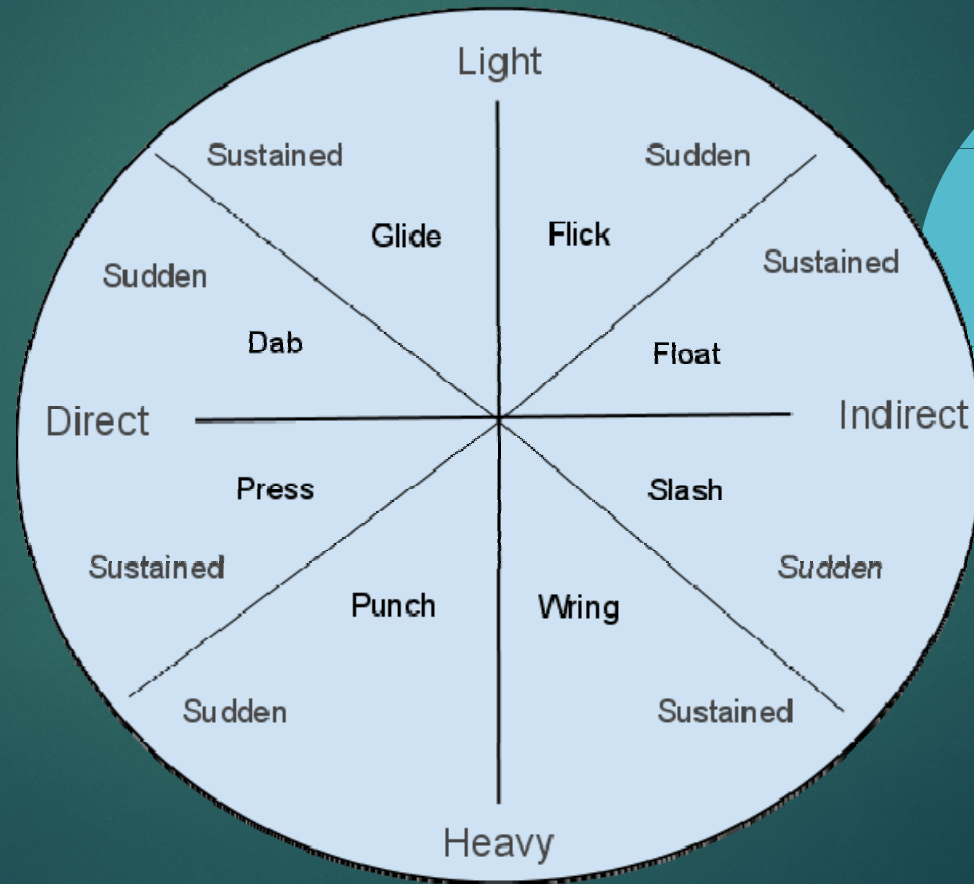
Space: Direct or Indirect

Time: Sudden or Sustained

Weight: Strong or Light



Laban Movement Analysis



Thank you!

