

Movement

It's natural for us to move when we hear music. We tap our toes, clap or sway to the beat. Perfect Harmony's movement activities propose simple, seated, movements that you can use when leading a musical experience. You can enjoy moving along to these suggested movements or you can improvise by creating your own movements and asking your participants to follow along.

Helpful Tips

- Position yourself in front of the person or group you're working with.
 - If you are working with a group, try placing chairs in a semi-circle to allow everyone to clearly see you as the leader.
- Allow the participant(s) to adapt the suggested movements, as necessary.

- Perfect Harmony **video resources** and **activity sheets** can help by offering **suggested movement instructions** or follow one of our Perfect Harmony leaders by viewing a video on your SmartTV, computer or tablet device.
- Consider incorporating **movement** and **rhythm activities** of your own. Plan or select video resources that offer a variety of focuses like:
 - Upper body movement
 - Lower body movement
 - Simple body rhythms
 - If you have access to formal or homemade instruments that are clean and safe to use, it gives your participants an **alternative way to experience rhythm** and offer **choice-making opportunities**

