

# Music 'n Motion



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Tracks 6–10 and 17 are used with the *God Made the World* (Age 4) program.



**F**rom the earliest days of a child's life, there is music and movement. Even before birth, a child hears the mother's heartbeat varied by tempo and accompanied by a range of sounds. Gently rocking their newborn babe in their arms, parents instinctively sigh, hum, and sing. The infant seems to understand this music, and the music is magic! Toddlers continue to use music to soothe and calm, for fun and play, and for prayer. Gestures accompany favorite melodies as children twirl on tippy toes, bend and leap, responding to the mood and meaning of the music. As preschoolers, children remain rooted in rhythm, movement, and facial expression as the primary means of communication. Preschool children love to imitate, to mime, and to dance hand in hand with a partner. They light up at the sound of music.



Preschool children are eager to learn about God, but are not yet able to grasp the abstract concepts of faith. For them, the gifts of music and dance can help communicate the fullness of faith. By placing their hand over their heart and singing "I've got peace in my heart," children sense that peace finds a home deep within.

As they extend their hand and bow toward a classmate, they learn that peace is meant to be shared, joy is to be celebrated, and the love within us is to be given to others. Reaching arms high as they praise God in song, children discover that it takes energy to pray, and they also learn that prayer energizes their spirits. Singing with folded hands and heads bowed, children express reverence. Even if unable to offer a definition, they intuit prayer's meaning through movement and music.

Exercise of the creative imagination lays the groundwork for development of the religious imagination. These aesthetic elements—movement, music, and drama—promote empathy, solidarity, courage, and kindness as they enhance prayer. As catechists lead children in prayer, using music and movement, children can see the joy of the Lord on their catechist's face as they hear it in the catechist's voice. Music and movement, dance and drama are precious jewels in the treasure chest of every catechist, providing a means of communication that is deep, spiritual, memorable, and fun.

For the glory of God and the edification of his little ones,

**Nancy Seitz Marcheschi**





# I Am Wonderfully Made

by Jack Miffleton

TRACK 1 | Use with Unit 1

God gave me hands for clapping,



[Clap four times on beat.]

God gave me toes for tapping,



[Tap right foot, then tap left foot, on beat.]

I am wonderfully made,



[Lean right, stretch arms wide, shake hands.]

I am wonderfully made.



[Lean left, stretch arms wide, shake hands.]

This song is a round and repeats two times. Encourage the children to add their own verses, such as “legs for walking” or “ears for hearing.”