“Play is the highest form of research.”
– Albert Einstein

From: http://www.childswork.com/blog/2012/09/favorite-play-therapy-quotes/
Get up and move!
Why movement is part of early literacy skills development

A part play, part scholarly presentation

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Poll

What concerns you about incorporating movement into your programming?

A. Disrupting the flow of the program
B. Losing control of the children
C. I can’t (don’t care to) sing
D. Being able to describe to caregivers why movement is important (early literacy tip)
E. All of the above
F. Other
Activity

Get up and move song (to the tune of Are You Sleeping?)
Walking walking; walking walking
Hop hop hop; hop hop hop
Running running running; running running running
Now we stop; now we stop!
Results

Simsbury (CT) Public Library: http://simsburylibrarychildrensroom.blogspot.com/2012_02_01_archive.html
A little background

“Engage the child in play to develop his ability to learn”

(Froebel, 1831)

Friedrich Froebel, 1782-1852
Playing with blocks

Link to video:

http://www.youtube.com/watch?v=3f3rOz0NzPc

Used with permission: The toddler is 2 years and one month old and the preschooler is three years and seven months old.
A little background

“Decades of research have shown that play is an important mediator in the physical, social, cognitive, and language development of young children” – *From Playpen to Playground*. Jeffrey Trawick-Smith, 2010.

Playing with a ball

http://www.youtube.com/watch?v=O6arYAasPFE
Professional Associations say...

Association for Library Service to Children (ALSC)

Every Child Ready to Read (ECRR) five practices: Talking, Singing, Reading, Writing, Playing

Read, Build, Play! (with Lego/Duplo)

American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD)

Professional Associations say...

National Association for the Education of Young Children (NAEYC): provides resource page for families including articles on reasons to go to a library, why play and learning go together, how music helps with learning, and even a list of books that encourage movement.

See: http://families.naeyc.org/learning-and-development
Ok, but how?

Recognize what you are already doing:
- Songs, rhymes, fingerplay.

Incorporate movement as transitioning element.

Find books that encourage movement/imagination.

Develop special “moving” programming.

Explain to parents why you are leaving them with a pile of toys at the end of storytime.

Link to video:
http://www.youtube.com/user/Birth2Six/featured
This is the way the bunny hops, the bunny hops, the bunny hops, This is the way the bunny hops on a spring time morning.

This is the way the blue bird flies…

This is the way the little duck swims…

This is the way the children play, …

Spoken or to the tune of This is the way we go to school.
Encourage Play through Tips

“Providing children the opportunity to explore their environment and talking about it reinforces their learning experiences.”

“Hopping, throwing, and other large body movements help to develop strength in the larger muscles needed to help control smaller muscle groups.”

“Fingerplay games help children develop the fine motor coordination needed for holding a pencil, crayon, or even pushing keyboard buttons.”

“When a child turns something, like a block, into something else, like a phone, she is learning to manipulate her environment by using her imagination and developing skills in critical thinking.”
Remember: Empower Caregivers

Video not available for free, must purchase materials from ALSC on Every Child Ready to Read. In webinar, this video was a mother singing the Itsy Bitsy Spider in Spanish to a baby.
Things to consider

Space for controlled chaos
Noise: recorded music, instruments, singing
Age appropriate movement
Allowing for those who’d rather not get up
Finding ways to make caregivers feel comfortable both in the program and in encouraging movement at home
Can’t sing? Hate to dance?
Action play

You do the:

- Tall
- Curl
- Slow
- Sway
- Jump
- Slide
- Sleep
- Hop
- Small
- Twirl
- Tiptoe
- Stay
- Slump
- Hide
- Creep
- Stop

- Repeating helps to make the actions concrete.
- Calling out actions provides practice in following directions.
- Rhyming pairs help develop language skills.
- Gross motor skills needed for learning how to write are developed.

Courtesy of Eager Public Library, Evansville, WI
Poll

Have you tried yoga in your programming?

A. Yup, worked great!
B. Yup, but only connected to a book or theme
C. Not yet
D. No
E. Hadn’t actually thought about it
Yoga

https://www.youtube.com/watch?v=MVftTfWxsoY
Results

![You Are a LION!](image)

*And Other Fun Yoga Poses*

![Babar’s Yoga for Elephants](image)

*An Original Babar Se Walshoff Book*
Yoga as Programming Trend

Working with kids with autism
Non-competitive
Provides coping skills
Encourages body awareness, balance, strength
Concrete concepts through abstract movement
Recap

“The activities that are the easiest, cheapest, and most fun to do – such as singing, playing games, reading, storytelling, and just talking and listening – are also the best for child development.” – Jerome Singer (Yale University)

http://www.childswork.com/blog/2012/09/favorite-play-therapy-quotes/
Thank you!

Questions? Comments?
Resources

Association of Library Service for Children:

Every Child Ready to Read:
http://www.everychildreadytoread.org

Read, Build, Play!: http://readbuildplay.com

Yoga Storytime:
http://www.ala.org/alsc/alscconnectonline/bright-ideas-december-2012-yoga-storytime

American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD):
http://www.aahperd.org/headstartbodystart/
Resources


Resources


Washington County (Oregon) Cooperative Library Services (WCCLS) fingerplay clip: http://www.youtube.com/user/Birth2Six/featured
Books Cited


