

Music Experiences Curriculum

Infant Through Preschool Program

Music experiences are incorporated throughout the day to support social-emotional development, rhythm awareness, language development, creativity, listening skills, and social interaction through developmentally appropriate activities.

Age Group	Activity Type	Developmental Focus	Examples of Activities	Duration	Frequency
6 Weeks-6 Months	Gentle Music Exposure	Bonding, auditory development, emotional security	Soft lullabies, rocking songs, calming instrumental music, gentle humming during routines	5-10 Minutes	Daily
6 Weeks-12 Months	Sensory Music Play	Sensory awareness, listening skills	Soft rattles, bells, textured musical toys, listening activities	5 Minutes	2-3 Times Weekly
12-24 Months	Interactive Music Activities	Language development, imitation skills, social interaction	Nursery rhymes, name songs, finger plays, singing activities	10-15 Minutes	3-5 Times Weekly
2-3 Years	Group Music Activities	Listening skills, cooperation, communication	Rhythm games, sing along activities, musical storytelling	10-15 Minutes	3-5 Times Weekly
3-4 Years	Educational Music Experiences	School readiness, memory, sequencing	Alphabet songs, counting songs, multicultural music, seasonal songs	15-20 Minutes	3-5 Times Weekly

Daily Music Integration Opportunities

Routine Time	Suggested Music Experience
Arrival Time	Soft welcome music and greeting songs
Circle Time	Songs, finger plays, and rhythm activities
Transition Times	Cleanup songs and transition cues
Outdoor Play	Singing games and musical activities
Rest Time	Calming instrumental music and lullabies
Departure Time	Goodbye songs and calming music

Movement Experiences Schedule

Infant Through Preschool Program

Movement experiences support social-emotional development, coordination, balance, body awareness, strength, physical development, and healthy active play through developmentally appropriate activities.

Age Group	Activity Type	Developmental Focus	Examples of Activities	Duration	Frequency
6 Weeks-6 Months	Infant Movement Activities	Muscle development, coordination	Tummy time, reaching, stretching, rolling support	5-10 Minutes	Daily
6-12 Months	Guided Movement Exploration	Gross motor development, body awareness	Crawling activities, supported standing, movement play	5-10 Minutes	Daily
12-24 Months	Toddler Movement Activities	Coordination, balance, mobility	Walking paths, dancing, climbing activities	10-15 Minutes	Daily
2-3 Years	Active Movement Experiences	Strength, coordination, balance	Obstacle courses, jumping, ball play, movement games	15-20 Minutes	Daily
3-4 Years	Structured Physical Activities	Coordination, teamwork, body control	Relay games, yoga, movement patterns, outdoor games	15-20 Minutes	Daily

Daily Movement Integration Opportunities

Routine Time	Suggested Movement Experience
Arrival Time	Stretching and movement activities
Circle Time	Action songs and movement games
Transition Times	Marching, hopping, and movement cues
Outdoor Play	Running, climbing, balancing, and active play
Indoor Play	Dancing, obstacle courses, and gross motor games
Group Activities	Yoga, ball play, and cooperative movement activities