

Music and Movement

We believe music is a powerful way for children to express themselves, build confidence, and develop emotional wellbeing. Through our partnership with Musical Minds, children participate in weekly music and movement sessions led by experienced educators who specialise in early childhood music education.

These sessions are fun, interactive, and developmentally rich — encouraging children to sing, dance, play instruments, and move their bodies in rhythm and harmony. The program is carefully designed to support mindfulness, self-regulation, and sensory awareness, helping children connect with their emotions and find calm through movement and sound.

Learning Through Music

The Music and Movement Program supports outcomes from the Victorian Early Years Learning and Development Framework (VEYLDF) by promoting:

- Language and literacy through rhythm, rhyme, and repetition.
- Cognitive and memory skills through sequencing and pattern recognition.
- Social and emotional wellbeing through group participation and mindfulness activities.
- Physical development through coordinated movement, balance, and spatial awareness.

A Mindful Approach

Each session integrates gentle mindfulness practices — breathing, stretching, and reflective listening — teaching children to tune in to their bodies and emotions. This not only nurtures calm and focus but also enhances resilience and emotional intelligence.

By blending music, mindfulness, and movement, our Musical Minds program helps children discover the joy of expression, connection, and creativity — all while developing lifelong skills for learning and wellbeing.