

**PRACTICAL BENEFITS OF CREATIVE  
MOVEMENT  
FOR YOUNG CHILDREN AND THEIR  
TEACHERS**

Handout 2 – MOVING MATTERS  
(NAEYC, Chicago, November 2007)

**BASIC MOVEMENT ELEMENTS :**

**Guided creative movement can help children develop:**

- **Body Awareness**  
Body part isolation, range of motion, balance, shape
- **Control of Speed**  
Tempo, stop/start
- **Control of Direction**  
Level, direction, floor pattern, size
- **Control of Energy**  
Use of energy and flow to create a specific movement quality
- **Large Motor Skill Development**
- **Moving to Accompaniment**  
Rhythms, music, voice, sound
- **Dramatic Play**
- **Imagination and Problem-Solving Skills**

**CLASSROOM MANAGEMENT TOOLS:**

**Guiding children in creative movement is helpful because children will learn to:**

- **Listen to and Follow Movement Instructions**
- **Become Aware of Personal Space and Shared Space**
- **Recognize and Respond to Cues for Controlling Speed and Stopping**