



# MOVIN' AND GROOVIN' GROUP



## IT'S TOE TAPPING TIME!

**Thursdays:** 10:00AM – 10:45AM

**Starts:** Thursday, Jan. 19<sup>th</sup>, 2023

**Length:** 6 weeks (runs through February 23<sup>rd</sup>)

**Ages:** 3 – 6 years old (boys and girls)

**Group Size:** 6

## LET'S BOOGIE AND LEARN!

Music and movement provide children with many benefits, including improving gross motor skills, coordination, language development, focus and memory, discipline, self-confidence, and self-esteem. Children develop skills through dance and music, such as cognitive growth, problem-solving, self-expression and social development.

## SING, DANCE, LEARN, HAVE FUN!

**Goal:** To help children increase self-awareness and learn various ways to regulate their mind and body in a creative learning environment.

**Objectives:** A group for kids to promote physical and cognitive health through music and movement activities.

1. Strengthen sensory processing and emotional regulation skills.
2. Improve cognitive abilities such as sustained attention, motor planning, and sequencing.
3. Learn various coping strategies using music and movement.
4. Improve gross motor skills such as coordination and balance.

**Preregistration Required:** contact Integrative Psyche at 414-545-4430 or by email: [Integrativepsychegroups@gmail.com](mailto:Integrativepsychegroups@gmail.com).

**Cost:** \$295 for the 6-week program.



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