

# Movement and Play Resources

Explore Through Movement and Play - <https://www.successtartsearly.org/explore-through-movement-and-play/>

The Importance of Movement in Early Childhood Education - <https://www.youtube.com/watch?v=chPSNAr6lyI>

Music and Movement for Young Children's Healthy Development - <https://kdla.ky.gov/librarians/kits/Documents/SRL/Music%20and%20Movement/Music%20Research%20Handout%20for%20Guide.pdf>

The Power of Movement - [https://www.zerotothree.org/wp-content/uploads/2022/05/On-the-Move\\_-\\_The-Power-of-Movement.pdf](https://www.zerotothree.org/wp-content/uploads/2022/05/On-the-Move_-_The-Power-of-Movement.pdf)

Movement Activities for Preschoolers - <https://empoweredparents.co/movement-activities-for-preschoolers/>

How Dance Aids Development - <https://www.teachearlyyears.com/images/uploads/article/how-dance-aids-development.pdf>

Upright Theatre Co. - <https://www.uprighttheatre.org/>