

Rhythm and Movement for Self-Regulation: Module

Access a full 8-week curriculum of rhythm and movement sessions to support self-regulation and positive behaviour for children aged 3-6 years.

Rhythm and movement can help young children manage self-regulation of their emotions, attention and behaviour.

Approximately 30% of young children have problems with self-regulation, which can affect learning and their transition to school.

Educators and teachers of young children can learn how to use rhythm and movement activities to positively support the development of self-regulation and address underlying brain connections in young children.

Evolve with QUTeX

By the end of this flexible 6-week online course, you will be able to lead the full Rhythm & Movement for Self-Regulation (RAMSR) eight-week program (15 minute sessions daily), or adjust it and use it as you see fit for your setting. Included in this course are:

- four full 15-20 minute RAMSR sessions plans to create an eight-week program
- 24 RAMSR activities as a base level and more than 30 extension activities, with demonstration videos
- 28 audio tracks
- 4 sets of visual cue cards
- detailed learning on the theory and rationale behind the program, including self-regulation and executive function in early childhood and the value of rhythmic movement.
- 120-page RAMSR Resource folder with comprehensive curriculum materials

Core concepts

This online course will cover:

- an overview of early childhood self-regulation
- the theory and evidence for linking rhythmic movement and music activities to self-regulation development
- an introduction to the [RAMSR program](#): Rhythm and Movement for Self-Regulation
- practical skills for delivering simple rhythm and movement activities that require no prior music experience or training, and very few resources to implement.

Who should participate?

This online course is suitable for any educator or practitioner working with children aged 3 to 6 years in any group setting.

If you have already completed the [introductory course](#) (introducing you to 11 simple RAMSR activities), this course will extend your learning to now include the full RAMSR curriculum and resources.

However, the introductory course is **not** a prerequisite for enrolment in this course.



Your expert facilitator Associate Professor Kate Williams

Associate Professor Kate Williams is a Principal Research Fellow [ARC DECRA funded] and Associate Professor in the School of Early Childhood and Inclusive Education, Queensland University of Technology (QUT), and intervention leader of the [QUT Childhood Adversity Research Program](#).

Cost

Early Bird registration	\$275.80 (inc. GST)
Standard registration	\$324.50 (inc. GST)
QUT Alumni registration	\$243.40 (inc. GST)
Group registration (5 or more)	\$275.80 per person (inc. GST)

 Duration: 13 hours
over 6 weeks

 Certificate of Attainment
for 13 hours of CPD

 Cost: From \$275.80

Apply Now

Web: QUT.edu.au/QUTeX

Phone: 07 3138 7733

Email: qutex@qut.edu.au

Blog: blogs.qut.edu.au/qutex