

# Rhythm and Movement for Self-Regulation: An introduction

Learn how to use rhythm and movement to support positive behaviour for children aged 3-6 years old.

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

QUTeX is a one-stop-shop for all your professional learning needs. QUTeX works with faculties to ensure you receive the very best advice, support and expertise. Our Faculty of Education, which delivers this course, develops the practical skills of educational professionals wanting to improve their practice and be equipped with real-world capabilities.

By the end of this self-paced online course, you will be able to lead 11 simple, low-resource, rhythmic movement activities designed to enhance self-regulation skills in young children if used regularly. Resources you will download include 8 audio tracks, four sets of visual cards, and the activity booklet.

## 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.

This course will be held entirely online, via Blackboard, QUT's online learning platform. This course is self-paced, with students granted unlimited access to online learning materials.

You can start the course at any time. Access will be granted within 1 business day.



## 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](#).



Duration: 1.5 hours



Certificate of Attainment  
for 1.5 hours of CPD



Cost: \$60

## Apply Now

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## Cost

Standard registration

\$60.00 (inc. GST)