

# 5. Children need ample opportunities to move their bodies and use their voices.

## Advocacy Strategies

\*potential for DEY mini-grant funding

### 1. Educate Others on the Developmental Importance

- **Strategy:** \*Share research and insights that show how movement and vocal expression support brain development, regulation, learning, and well-being.
- **Suggestions:** Use simple, accessible language to explain how movement boosts focus, coordination, and academic readiness.

### 2. Advocate for Flexible Schedules and Environments

- **Strategy:** Push for daily routines and physical spaces that allow for both structured and unstructured movement and expression.
- **Suggestions:** Encourage classroom designs with open areas, movement centers, and access to the outdoors. Propose daily schedules that include large blocks of time for free play, music, and gross motor activity.

### 3. Model and Encourage Movement and Voice

- **Strategy:** Show what it looks like to embed movement and vocal expression in everyday routines and learning.
- **Suggestions:** Lead movement-based songs, storytelling, or body-based games. Empower children to speak up, share ideas, and use expressive language during play and group time.

### 4. Engage Families as Partners

- **Strategy:** Involve families in valuing and supporting active, expressive learning at home and in school.
- **Suggestions:** Share simple movement activities or songs to try at home. Host workshops or family play nights to highlight the importance of active learning.

### 5. Advocate at the Policy and Program Level

- **Strategy:** Promote policies that protect time and resources for movement and self-expression in early learning environments.
- **Suggestions:** Support initiatives that prioritize physical education, outdoor play, and the arts in early years programs. Speak up when movement and voice are being minimized in favor of more rigid, academic approaches.