

Groovy program

BONKERS Beat kinder and childcare centre in Aspendale is running a program dedicated to music.

Program director and centre owner Galina Zenin said each of the lessons for the preschoolers would involve music.

“The staff incorporated singing, dancing and playing percussion instruments in everyday activities,” Ms Zenin said.

“Research shows that if children are exposed to music at a very early age, they have much better social and emotional skills, and they also have outstanding academic results.”

Ms Zenin said the children, like Vivian, Alex and Beren, below, also did yoga, breathing exercises and listened to classical music every day.

See bonkersbeat.com for more information.

