



## Dance Concept: Flow

This week, we explored **FLOW – free and bound**. Imagine you're an ice cube, your muscles are tight and bound, hugging your bones! And as the ice cube melts, your muscles slowly relax and eventually you're loose and flow around like water.

The contrasting muscle tension is like a massage to the child's bodies and brains and puts them in a quiet alert state - the optimal state for learning and helps them develop longer attention span.

When parents hug their child with bound muscles then let them fly away, the child is getting a lot of proprioceptive input - feedback about where their body is in space.

When your child learn how to hold their muscles tight and then loosen them, they are working not only on their motor control but also their self-regulation. Your child will be able to better control their behavior at this young age.

Any kind of heavy work uses bound muscles and muscle contraction that is weight bearing releases proteins that build the brain. This leads to deeper sleep and greater calm overall.

Learn more about the 7 senses (including proprioceptive sense) and how these senses work together by [clicking on this link!](#)