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MOVE, PLAY, AND FEEL THE RHYTHM

Instruction: Everyone is asked to choose a playmate, and to move and dance to the music until the psychomotrician stops the music. Children are now asked to listen to the psychomotrician who names a part of the body, which they have to tap on the other child and then stay still.

Material: Tape with music

Keywords: Prevention, psychomotor intervention, rhythm, tonic-emotional balance, waiting and self-control, cognitive skills, pre-school age.

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Cattafesta, S. (2021). The effects of rhythm-focused psychomotor intervention on the skills of waiting and self-control. An explorative study in Italy with preschool children. In *EPJ, European Psychomotricity Journal*, Vol. 13, Is. 1, pp. 9-24.