

Course Title: Equity for All Students: Leveraging Music, Movement, and Mindfulness	
Number of Content Modules: 4	Grade Levels: PreK-5
Questions: 1-855-498-4400 PD@TeachnKidsLearn.com	TKL Catalog: https://teachingknowledgeloop.com/external-catalog

Course Description

This course empowers educators to integrate music, movement, and mindfulness as powerful tools to create inclusive, equitable learning environments that support the emotional, cognitive, and physical development of all students. Participants will leave with practical, ready-to-implement strategies—such as rhythm-based activities, movement routines, and mindfulness practices—that nurture self-regulation, focus, and well-being, particularly for students of color, multilingual learners, and students with disabilities. These outcomes are intentionally designed to align with equitable teaching practices, helping educators honor student diversity and promote meaningful access to learning for every child.

Grounded in research-based pedagogy and social-emotional learning frameworks, the course is framed around interactive activities, including collaborative lesson design, movement and mindfulness labs, and opportunities to analyze case studies and classroom scenarios. Through these hands-on experiences, educators will explore evidence-based approaches to culturally responsive teaching, trauma-informed care, and inclusive design. By the end of the course, participants will be equipped to foster classrooms that celebrate student identity, support resilience, and enhance academic and social outcomes through intentional use of music, movement, and mindfulness.

Course Objectives

CO.1: Analyze how classroom stressors, routines, and instructional demands affect emotional regulation, attention, and executive function; translate findings into equitable scaffolds for students of color, students with disabilities (including ASD), and multilingual learners. (Danielson 1a)

CO.2: Evaluate the learning environment, materials, and interactions through an equity lens to pinpoint high-leverage adjustments that strengthen belonging and engagement for all learners. (Danielson 1b, 2a, 2b)

CO.3: Design universally accessible, culturally sustaining lessons with multiple entry points, language supports, flexible modalities, and UDL scaffolds to ensure access for diverse learners. (Danielson 1e, 3c, 3e)

CO.4: Structure predictable, welcoming, affirming routines and behavior supports that reduce cognitive, linguistic, and sensory barriers and foster social-emotional growth, particularly for marginalized students. (Danielson 2a, 2b, 2c, 3c)

CO.5: Assess participation, behavior, and academic outcomes using equitable, culturally responsive measures; incorporate student voice and disaggregate data to guide instructional decisions. (Danielson 3d, 4a)

CO.6: Adapt instruction across settings and content by differentiating modality, intensity, pacing, and language supports to meet the evolving needs of multilingual learners and students with disabilities. (Danielson 3c, 3e, 2d)

Course Outline

Course Introduction Module

Module Topics

In this module, you will learn about the course set-up, expectations for learning and collaborating, meet your colleagues, and reflect on your prior knowledge about teaching with artificial intelligence.

- Course Methodology & Navigation
- Course Description
- A Transformative Approach to Education
- Expectations and Community Agreements for Engaging in Brave Dialogue
- Community Building Circle: Course Story
- Course Objectives

Module 1: Understanding Equity in the Classroom

Module Topics

In this module, you will deepen your current understanding of equity and inclusion within educational settings. Through a focus on culturally responsive teaching and mindfulness, the module highlights strategies to support the diverse needs of students. You will examine the unique challenges faced by underserved and marginalized students, identifying ways to remove barriers to success. You will then delve into culturally responsive teaching practices, recognizing the importance of honoring cultural differences in learning styles and integrating music, movement, and mindfulness to create inclusive and supportive environments. Finally, you will learn how mindfulness can be used as a powerful tool for social-emotional learning and as a method for reducing bias, to foster a more equitable, aware, and compassionate classroom climate.

Section 1: Defining Equity and Inclusion in Education

- Learn About It! The Role of Music, Movement, and Mindfulness in Education
- Learn About It! What is Educational Equity?
- Practice It! Identifying Barriers Faced by Underserved and Marginalized Students
- Reflect On It! Strategies for Proactively Creating an Inclusive Learning Environment

Section 2: Culturally Responsive Teaching

- Reflect On It! Understanding Cultural Differences in Learning Styles
- Master It! Lesson Plan Analysis
- Learn About It! How Music, Movement, and Mindfulness Address Diverse Needs

Section 3: Equity Through Mindfulness

- Practice It! Mindfulness as a Tool for Social-Emotional Learning
- Reflect On It! The Connection Between Mindfulness and Reducing Bias in the Classroom

Module 2: Music as a Tool for Engagement and Inclusion

Module Topics

In this module, you will explore and apply strategies for using music to create inclusive and engaging elementary classrooms by identifying its benefits for diverse learners, selecting accessible and culturally relevant music, incorporating inclusive music activities into daily routines, and evaluating the impact of music-based approaches on student learning and classroom dynamics.

Section 1: Using Music to Build Inclusive Classrooms

- Learn About It! The Benefits of Music for Diverse Learners
- Reflect On It! Choosing Accessible and Culturally Relevant Music

Section 2: Practical Applications of Music in Elementary Classrooms

- Practice It! Classroom Music Activities that Promote Engagement and Inclusion
- Practice It! Integrating Music into Daily Routines and Transitions

Section 3: Measuring the Impact of Music on Student Learning

- Learn About It! Tools and Methods for Assessing the Effectiveness of Music-Based Strategies
- Practice It! Classroom Music Activities that Promote Engagement and Inclusion
- Master It! Identifying Music-Based Strategies to Support Students

Module 3: Movement for Mind and Body

Module Topics

This module explores the role of movement in enhancing cognitive and social-emotional development. You will learn about the connection between movement and brain development, strategies for incorporating movement into classroom routines, and how movement can support diverse learning needs. Additionally, you will learn ways to use movement to promote relaxation, reduce anxiety, and build a sense of community through inclusive and collaborative activities.

Section 1: Movement as a Learning Tool

- Learn About It! The Role of Movement in Brain Development and Learning
- Learn About It! How Movement Supports Students with Different Learning Needs

Section 2: Strategies for Incorporating Movement in the Classroom

- Practice It! Movement Breaks for Focus and Engagement
- Practice It! Culturally Responsive and Inclusive Movement Activities

Section 3: Movement for Social-Emotional Well-Being

- Learn About It! Movement to Reduce Anxiety and Promote Relaxation
- Master It! Collaborative Movement Activities to Foster Classroom Community

Module 4: Mindfulness in Action

Module Topics

This module delves into the power of mindfulness as a tool for enhancing student well-being and fostering a positive classroom environment. You will explore the science behind mindfulness and its role in promoting self-regulation and focus. The module provides practical mindfulness, including culturally relevant practices that support inclusivity, tailored for elementary students. Additionally, you will learn to observe and measure the impact of mindfulness on student behavior and classroom dynamics, using reflection tools to track growth and create a more mindful learning space.

Section 1: Understanding Mindfulness

- Learn About It! The Science Behind Mindfulness and Student Well-Being
- Learn About It! Mindfulness for Self-Regulation and Focus

Section 2: Mindfulness Practices for the Classroom

- Practice It! [Simple Mindfulness Exercises for Elementary Students
- Learn About It! Observing Behavioral Changes Through Mindfulness
- Reflect On It! Tools for Reflecting on Student Growth and Classroom Atmosphere

Section 3: Measuring the Impact of Mindfulness

- Master It! Culturally Relevant Mindfulness Practices
- Practice It! Measuring the Impact of Mindfulness

Module 5: Course Wrap-Up

Module Topics

In the Course Wrap-Up Module, you will reflect on your learning from the course and your mastery of the course objectives.

Section 1: Summative Reflection

- Reflect On It! Summative Reflection
- Reflect On It! Course Evaluation and Reference List