

CLAP, DANCE, AND SING!

Music and Movement with Young Children

Music and movement experiences support the formation of important brain connections that are being established from birth to age 3. Incorporate music and movement throughout the day with all ages of children in a variety of ways: having musical instruments available during play, specific music time designed around the schedule of activities, singing with children, or playing music during daily transitions from one activity to another.



HERE ARE A COUPLE OF ACTIVITY SUGGESTIONS:

Adapt and Sing Songs

Where Is Baby?

Sing to the tune of "Where Is Thumbkin?", Where is (insert the baby's name)?, Where is (insert the baby's name)?, Here I am; here I am. (Gently pat the baby on the belly as you say the words.), How are you today, (baby's name)?, Very well, I thank you. Clap your hands, clap your hands. (Help the baby to clap his hands).



Make Your Own Musical Instruments

Drum Parade

Using containers such as empty oatmeal boxes, make a drum for each child. Children can pat the drums with their hands or use a small wooden spoon as a drumstick. Play music with a brisk beat and parade around the room or enjoy the freedom of the outdoors where the drummers can drum and stamp their feet to make loud, boisterous rhythms.

For Infants and Toddlers

Make a shaker from an empty water bottle and put dry beans inside (*make sure the cap is securely attached*).

For Preschoolers

Make a shaker by stapling two paper plates together. Fill with dry beans, buttons, seeds, or anything that makes noise. Use pots and pans as instruments and let children create their own music. Use props to help facilitate movement to music such as: balls, scarves, ribbons, or a parachute.



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