

Music and Movement activities gives your child the opportunity to engage in experiences that relate to the content standard areas and gives your child practice in being part of your family community. Waiting for a turn to respond, listening for and following instructions from other family members and gaining confidence in speaking and participating in a family group prepares children for the kindergarten experience. You may need a few family or friends to join in some of these activities.

Marching Ants Sing the song "The Ants Go Marching One by One" https://youtu.be/2S_fbCGwOM using the numbers 1 through 10 in order. As you are singing, have participants hold up their fingers (1-10) to show the number they are singing about. After the first few verses, invite participants to make up new rhymes by asking, for example, "What else can we rhyme with two?" such as "The ants go marching two by two, the little one stops to squeeze out glue". Your child will practice counting and phonological awareness.

Shape Dance Cut out enough felt shapes for the participants (squares, triangles, circles, diamonds, hearts, rectangles, ovals). Play music and when the music stops each participant finds a shape to stand on. The leader can call out directions such as, "the person on the triangle jump"; "the square wiggles". Encourage your child to help call out the directions for the designated color/shape.

Ribbon Dancing Cut out enough ribbon streamers for all of the participants. Guide the participants through some movements i.e.: spiral the ribbon, bring ribbon high and then low, make a zigzag on the floor, draw a circle in the air, starting and stopping etc. Encourage your child to help create new ideas to follow. Your child will practice body control and creativity.

Marching Band Have enough musical instruments for all of the participants (store bought/hand made). The marching band follows in a line and then alternates playing in the band free style/creatively (everyone dancing and playing on their own) and then lining up and walking in a line around the room like a real marching band. They will also be moving to a steady beat, a skill that has been shown to support reading.

Throwing Scarves Have enough colored scarves for all participants (an inexpensive alternative is to purchase tulle netting at a fabric store in various colors and cut up in squares). Encourage participants to throw the scarves in the air and catch them, throw them back and forth to each other. Call out various directions with the colors: red scarves throw in the air, put the blue scarves on your head etc. Encourage your child to help think of a creative action for the next color called out. Children will practice body control and hand-eye coordination.

Freeze Game Have your child move to music and freeze in position when the music randomly stops. This supports body control and auditory awareness.



Block Balancing Beam Have a pre-set path of blocks that lead to the kitchen table or couch (anywhere in your home). Have your child follow in a line as they practice balancing on the block line.

Air Brush Imagination Give your child a paint brush and practice drawing invisible shapes in the air with the paint brush (circle, triangle, square). Encourage your child to think of new things to 'draw' in the air. This could also be done with letters to support writing letters.

Feather Fun Give your child two feathers (for their wings). Your child can pretend that they are birds flying high/low, flapping wings fast/slow, flying in a circle, flying in a straight line etc. Encourage your child to help think of creative ways to 'fly'. Your child will practice body control.

Elastic Bands Cut out strips of elastic and tie the ends creating a big elastic band. Guide your child to create different shapes using the large bands (sitting down put the elastic on two feet spread apart and then hold back with one hand creating a big triangle). Encourage your child to figure out different shapes to create using the bands.

Pretend Bubbles Set the stage by having your child pretend to blow up a bubble that's big enough for them to fit inside of. They then step inside the bubble and carefully pretends to feel the dimensions of the bubble. Ask them what would happen if they push too hard or move too fast. Music may be added. Tell your child to move inside the bubble but they must not bump into anyone else's bubble or it will pop. Vary the tempo of the music. This will give your child practice in body boundaries, spatial awareness and movement control.

Rowing Boats Sing "Row, Row, Row Your Boat" <https://youtu.be/tux1jDUeMD4> and have children rock back and forth to the beat as they hold hands with you. You can vary the tempo pretending to be in calm to choppy water. You can extend this by adding more family members to form groups of 3 and figure out how to make the boat move. Your child will practice body control and listening and moving to a steady beat.

