

Music Monday

Today we will kick off the Week Of the Young Child (WOYC) with singing and dancing! Music allows children to **express feelings** and encourages **language and math development**. You will be creating rhythms, experimenting with pitch and melody and inviting movement while sharing in the **joy of music!**

Activity Ideas

- ✓ Make an instrument out of some materials you find at home. Sing a song for your family while playing. (Ex. Egg shakers, rhythm sticks, an instrument you strum, etc.).
- ✓ Play Musical Statues with a family member. Dance while music is playing. As soon as it stops, you must “freeze” and be as quiet and still as a statue until the music resumes playing.
- ✓ Ring your door bell or find a doorbell sound on a device. Imitate the sound! Then find two drinking glasses that are the same and a spoon. Practice tapping gently on the glass to make a ringing sound. See if you can add water to one glass to make a “ding dong” sound. Add more glasses to have a variety of pitches. Play with rhythms and pitches on the glasses.
- ✓ Have a concert at home! Set up a “stage” with chairs facing it. Take turns performing, being a conductor or being the audience. Play music with instruments, sing, or dance to music.



A Resource for Parents

Here is an article from the NAEYC website about playing with music at home.

<https://www.naeyc.org/our-work/families/playing-music-home>

