



Musical Moments



If you are looking for ways to inspire learning with your child, listen up! It can be as simple as turning on the radio or tapping your toes. When a young child listens to music, plays a musical instrument, or dances, a LOT of things are happening! The brain starts forming connections that pave the way for learning opportunities including vocabulary building and math comprehension. Not only that, but music can be so much FUN!

So, when your little one is looking for something to do, try some music activities. Another benefit: They can get your whole family moving!

What you will need: (grouped by activity)

- Freeze Dance**
age-appropriate music and speakers
- Homemade Xylophone**
glasses, water, wooden spoon or instrument mallet, food coloring (optional)

1. Freeze Dance

It is as simple as it sounds. Blast some of your favorite, age-appropriate tunes, and invite your child to dance to his heart's content (and, by all means, join him!). When he least expects it, yell "Freeze!" and stop the music. See what funny positions you, your child, and other family members end up in! How long can everyone hold that freeze position? Take turns starting and stopping the music.

2. Name that Tune!

Clap, tap, or hum your child's favorite nursery rhyme or song. Encourage your child to listen and determine what song/rhyme you are clapping/tapping or humming. Once your child has correctly guessed a song or two, make it more challenging by providing fewer beats. Switch roles and take a turn guessing the song/rhyme your child is mimicking.

3. Homemade Xylophone

Fill an assortment of glasses with varying levels of water. Line them up in order from least to most full. Give your child a wooden spoon (or instrument mallet), and invite her to experiment with the different sounds. Which glass makes the sound she likes best? Which makes the sound she likes the least? Can she make different sounds by tapping on different parts of a glass? Can she make a song with the homemade xylophone? To switch things up, add food coloring to the water to make a rainbow!

