

Music Activities for Monday

On the Move

Musical Feet Obstacle Course

Create beautiful music with your feet while avoiding obstacles along the way.

Materials:

- Paper, cut two pieces 4" x 6" or so
- Stapler
- String
- Beans, beads, small rocks, rice, etc.
- Various household obstacles (soft toys, pillows, couch cushions, blankets, etc.)

Instructions:

1. Create 2 pouches (one for each leg) by folding a piece of paper in half and staple along the edges of the fold and two sides, leaving one side open.
2. Place the music-making material of your choice (beads, rice, beans, small rocks, etc.) into the pocket and staple the remaining edge closed.
3. Punch holes on opposite sides of the pocket and tie a piece of string to either end.
4. Gently tie the pouches to the ankles of your toddler.
5. Set up your obstacle course in a cleared area of your home by adding pillows, couch cushions, blankets, soft toys, and any other materials you have on hand.
6. Encourage your child to "make music" as they hop, skip, jump, and run through the obstacle course and make it to the finish line.

Adventures Online

Musical Instruments Sounds

Listen to the different sounds of each instrument and identify the instrument.

<https://www.youtube.com/watch?v=vjJcGIQraek>

As you do this tune in and ask questions to get a conversation about what they are hearing going with your toddler.

Sensory Time

Musical Water Play

There's nothing better than keeping cool while making music.

Materials:

- One shallow bin
- Water
- Various stainless steel and aluminum bowls, pots, pans, lids, muffin pans and cake pans
- Various items for your child to use to strike with. Such as wooden spoons, mixing spoons...etc.

Instructions:

1. Fill bin with water
2. Add stainless steel and/or aluminum items
3. Let your child use an item to strike the bowls, pots, pans etc.

4. Turn some containers right side up, and others upside down. Ask your toddler which is louder, which is quieter. Take them out of the water and bang them, then put them back in the water. How does the sound change?

Story Time

The Music in Me

This heartening tale of a young boy who is on a quest to find his "inner music" unfolds with rich color illustrations that will keep you humming, strumming and tapping for more.

Read Aloud:

<https://www.youtube.com/watch?v=kd2zUjhQddk>

Arts and Creativity

Make a Harmonica

You can make a homemade harmonica for your child!

Materials:

- Cardboard tube
- Wax paper
- Rubber band

Instructions:

1. Wrap wax paper to one end of the cardboard tube.
2. Use rubber band to wrap around the wax paper.
3. Show your child how to hum into the open end of the tube and have fun!

Alternate Instructions for parents of older children:

Materials:

- 2 Popsicle sticks
- 2 rubber bands or pieces of string
- A strip of paper the same size as the popsicle stick
- 2 toothpicks cut the width or just wider than the Popsicle Stick

Instructions:

1. Sandwich the paper strip in between the 2 Popsicle Sticks
2. Wrap a rubber band around one end until it is snug.
3. Slide a toothpick to the inside of the rubber band.
4. Sandwich the last toothpick at the other end of the Popsicle sticks, and wrap with a rubber band.

It works best when one toothpick is placed on top of the paper and one toothpick under the paper. Show your child how to hum and make different sounds into the popsicle stick harmonica.