

## Music Activities for Thursday

### *On the Move*

#### **Shaker March**

March to the beat of your own shaker!

Materials:

- Empty soft drink bottle or container
- Beads, beans, rice, or small pebbles
- Marching band music

Instructions:

1. Fill the empty bottle/container halfway with your chosen shaker material.
2. Securely place the top back onto the bottle/container (consider adding tape or glue to the lid)
3. Turn on the music and have your toddler pretend that they are in a marching band by marching around and shaking their shaker!

### *Adventures Online*

#### **Freeze Dance**

Listen to the movement directions in the song and follow them, then FREEZE when they say!

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

### *Sensory Time*

#### **Shakers**

Shake it all about with these fun shakers.

Materials:

- empty plastic bottle with cap
- sand, dirt, small rocks, etc.

Instructions:

1. Put sand, dirt or small rocks in plastic bottle. (Leave room for shaking)
2. Secure the lid tightly
3. Shake!

Extra fun: Turn on your child's favorite music and let the shaking begin!

### *Story Time*

#### **Story and Song!**

While reading a story, help your toddler create a rhythm for a character or event. For example, what would be the rhythm of the littlest Billy goat tramping over the bridge in Three Billy Goats Gruff? How would the rhythm be different for the middle goat or the biggest goat?

### *Arts and Creativity*

#### **Movement Songs**

Chanting and moving lets toddlers experience rhythms with their whole bodies.

Head, Shoulders, Knees and Toes

Point to each body part mentioned in this song. Go faster, slower, quiet and loud.

Head, Shoulders, Knees and Toes, Knees and Toes,  
Head, Shoulders, Knees and Toes, Knees and Toes,  
Eyes and ears, mouth and nose,  
Head, Shoulders, Knees and Toes, Knees and Toes!

Jumping Up!

Chant the following and match the words with actions:

Jumping up high, Jumping up high, Look at us, We're jumping up high

Repeat the chant changing jumping up high to clapping our hands, stamping our feet, rubbing our tummies, and so on.