

Tech Free MUSIC Activities

- Ask your parents what their favorite song is and why? Then you can listen to the song.
- Write a story about the first time you heard your favorite song, and how it made you feel.
- Look around the house and find items that make an interesting sound. Create your own instrument using these items.
- Using playdough create a line/shape and then follow it with your finger and voice going up and down when the shape goes up and down.
- Sit outside, with your eyes closed. What sounds can you hear? Do the sounds remind you of any instruments or songs?
- Look around your house, what things could you make sounds with? Try tapping, shaking, rubbing/scraping. How are the sounds different from each other? Do you have any ideas about why they're different (the sounds may change depending on how they're created and what material your found-sound-instruments are made from).
- Get a large box (it's an imaginary boat) and have your child sit inside. You rock the box back and forth to the steady beat of a song you sing together (*Row, Row, Row, Your Boat* or other water related songs work well).
- Using a familiar tune (such as *Here We Go Round the Mulberry Bush*) create songs about tasks you need to do such as folding laundry, washing your hands, etc. Sing your new songs while you work on those tasks.
- Make a Paper Airplane and then follow its course using high and low sounds with your voice.
- Using playdough create a line/shape and then follow it with your finger and voice going up and down when the shape goes up and down.
- Instead of reading your favorite book **SING** your favorite book.
- With your parent's permission, gather several (4 to 8) glass jars or water glasses and pour different amounts of water in each one (be careful and try not to spill, if you do just be sure to clean it up). Now that you have different amount of water in each jar or glass, gently tap them with a spoon. Try these different activities:
Can you arrange them from lowest pitch to highest?
See if you can sing the pitch each one makes
Carefully transfer water back and forth until you can create the right notes to play a song (try something familiar like *Row, Row, Row Your Boat*).
Create your own song
You could do the same activities by putting varied amounts of water in empty soda bottles and blow across the tops.
- Jump rope while saying jump rope rhymes or singing a song, be sure to keep the steady beat with your jumping!