

Ideas to Integrate Music and Movement at Home

Play music that is fast and have your child move like animal that is fast, encourage them to move to the steady beat of the music played. Repeat the activity with slow music and a slow moving animal. Label the movement you see, such as hopping, crawling, etc.

Study music of a famous composer such as J S Bach, Ludwig van Beethoven, Wolfgang Mozart. What instruments do you hear, what was the purpose of the composition, what is the mood?

Find a scarf or thin piece of material to use to dance with. Play some slow, smooth music and have the child move to the music using the scarf. Encourage them to come up with many different ways to move and label their movement. I see you are moving the scarf up high, swaying from side to side, swirling, etc.

Play a follow the leader game where your child is the leader. Play music of moderate tempo and have your child show the steady beat, such as clapping, patting, stomping their feet. Encourage them to change where they keep the beat as your copy them.

Study a favorite musical instrument: find music to listen to the instrument, how does the instrument make a sound, what family does the instrument belong to, what other instruments are part of the same family.

Play some classical music without singing and draw a picture of what the music makes you think of as you listen to it.