MUSICAL MOVEMENT

WEEK 2 • DAY 2
## GREETING

**ACTIVITY**
Sing a wake-up song. This will start a day that is all about music. Have your child get dressed to his or her favorite song. Have your child clap along to the music to learn about rhythm.

**LEARNING SKILLS**
Self-expression, creativity, listening

**MATERIALS**
Favorite songs

## MORNING MEETING

**ACTIVITY**
Reflect and Plan. Talk about what you did yesterday. Play music, ask what songs your child likes best and explain that today is all about exploring music and making noise.

**LEARNING SKILLS**
Working memory, planning and organization, understanding time

**MATERIALS**
Favorite songs

## TRANSITION

**ACTIVITY**
Introduce new songs and have your child participate in a three-minute dance party before pre-exploration time.

**LEARNING SKILLS**
Following directions, gross motor skills, counting

**MATERIALS**
Favorite songs
# PRE-EXPLORATION

**ACTIVITY**
Plan how music will be part of the learning today. Discuss the instruments and household items you will use to make music. Introduce any new music to your child.

**LEARNING SKILLS**
Responsibility, planning and organization

**MATERIALS**
Pots, pans, bowls, spoons, wooden spoons, spatulas or child-sized instruments

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# PURPOSEFUL EXPLORATION

**ACTIVITY**
Gather various household items to make music. Let your child explore what sound each item makes and what each item feels like in his or her hands. Allow your child to play with and explore the items on his or her own.

Demonstrate a rhythm pattern, such as ABABAB, and let your child practice by using wooden spoons on household items. After the first demonstration, let your child create his or her own rhythm patterns. Your child can also use instruments, such as rattles, drums and shaker toys.

Demonstrate how to play a beat on a drum, bowl, pot, pan or another hard surface. Introduce musical terms for tempo, such as largo (slow), moderato (medium), allegro (fast) and presto (very fast). Then, have your child march or dance to the tempo of the beat.

**LEARNING SKILLS**
Music appreciation, fine motor skills, math concepts, memory, gross motor

**MATERIALS**
Pots, pans, bowls, rhythm sticks or other items you can tap

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# POST EXPLORATION

**ACTIVITY**
Talk with your child about what he or she heard and how it sounds. Ask your child how music makes him or her feel. Discuss what household item made the loudest or softest music. Talk about the different kinds of music in the world.

**LEARNING SKILLS**
Language and vocabulary

**MATERIALS**
N/A
**MEALTIME**

**ACTIVITY**
Have your child put the dishes in the sink after lunch.

**LEARNING SKILLS**
Healthy habits

**MATERIALS**
N/A

**TRANSITION**

**ACTIVITY**
Play soft music as you transition to the learning lab. Have your child walk to the beat of the music. For slow music, you can use flowing movements or softly tiptoe.

**LEARNING SKILLS**
Listening skills, gross motor skills

**MATERIALS**
N/A

**LEARNING LAB**

**ACTIVITY**
Have your child clap out the syllables in his or her name and the names of family members, pets and friends.

**LEARNING SKILLS**
Listening, phonemic sounds

**MATERIALS**
N/A
## OUTSIDE TIME

**ACTIVITY**
Go outside with your child for a hike or walk. Before going inside, sit down and close your eyes. Ask your child what he or she hears. Ask your child to choose one sound that he or she wants to know more about, such as an animal sound, the sound of a vehicle or the sound of the wind. Return inside to research the information and document what you learned in a journal.

**LEARNING SKILLS**
Gross motor skills, vocabulary

**MATERIALS**
N/A

## REST TIME

**ACTIVITY**
It’s time to relax. Establish a routine before naps that supports your child in calming his or her body and settling his or her mind. You can even place your child’s nap mat for school in or next to the bed.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A

## TRANSITION

**ACTIVITY**
As your child wakes up, talk about what type of music you want to hear in the afternoon. Introduce another kind of music.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A
**CHILD’S CHOICE**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Use this time to do one activity your child wanted to do today. You can also do this activity at any time during the day.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARNING SKILLS</td>
<td>N/A</td>
</tr>
<tr>
<td>MATERIALS</td>
<td>N/A</td>
</tr>
</tbody>
</table>