

# MUSIC AT HOME

## BABIES 0-12 MONTHS



Use songs for daily routines e.g. change your nappy (tune: Frere Jacques)

Dance together to any style of music that you enjoy – babies love rhythmic movement

Try action songs that involve gently cycling your baby's legs or winding hands e.g. wind the bobbin up or the wheels on the bus.

Play peek a boo game songs e.g. Here we go peek a boo (tune: Looby Lou)

Fill clear plastic bottles with different materials so each one sounds different when shaken.

Sing at bath time e.g. This is the way we wash our face (tune: Mulberry Bush)



Make a homemade guitar from elastic bands and a box or tin

Lay baby on your bed and gently bounce the bed to the beat of a song e.g. You are my sunshine

Try scrunching and ripping some parchment paper together (better than newspaper which has ink)

Sit baby on your knees/lap and sing songs that have bounces e.g. Horsey Horsey

Raise your knees and sit baby up high. Sing songs with a fun bump down e.g. Humpty Dumpty

Clap to the beat as you sing a song or listen to some music

Find a place for a noise making toy in your pushchair

Talk to your baby through a cardboard tube and make some silly sounds together

Play a drum or use a pot and small wooden spoon – you could sing along with favourite rhymes

Try plenty of finger rhymes e.g. open shut them, wind the bobbin up



Face each other for songs like Row, row, row and Pat-a-Cake

Sing lullabies to soothe your baby in any language that you know

Record your baby's sounds – just as a special memory

Offer rattles from different places (left, right, high, low) so your baby can track the sound and when older reach a little for it.

Have a basket of suitable instruments or sound makers for your baby to explore

Babies like to swing and 'fly' so try some songs like 'Zoom to the Moon'

# MUSIC AT HOME

AGES 1 TO 2 YEARS



Dance around together to your favourite music and use some fun props too e.g. teddies, scarves

Make a song bag – include toys that represent each song e.g. spider for Incy Wincy

Sing a song while you're getting dressed e.g. we're putting on your shoes (tune: Farmer in the Dell).

Sing nursery rhymes and familiar songs together)

Try some tickling songs e.g. round and round the garden

Sing some action songs e.g. head shoulders, knees and toes



Play instruments together and practise 'stop and start'

Can you play loud/soft sounds on your instruments? Sing 'This is the way we softly play' (tune: Mulberry Bush)

How many animal sounds can you make? Try singing Old Macdonald

Try some simple falling down songs e.g. Ring-o-roses

Play with pots, pans and wooden spoons or make some homemade instruments e.g. shakers and drums

Sing some partner songs facing each other e.g. Row, row, row or pat-a-cake

Sing lullabies to calm and relax at sleep times

Bounce a teddy or toy to the beat of a song or some music

Play sleeping bunnies

Sing a song about brushing teeth e.g. brush your little teeth (tune: Jelly on a Plate)



Record your child singing or playing music, and listen back together

Use songs to help you tidy up e.g. put the toys in the box (tune: London Bridge)

Try some finger rhymes e.g. This Little Piggy

Sing some counting songs e.g. 12345 Fish Alive

Sing together at bath time e.g. Tiny Tim or Wash your Little Hands (tune: Jelly on a Plate)

Sit child on your lap and try songs with bumps and bounces e.g. Horsey Horsey or Humpty Dumpty

# MUSIC AT HOME

AGES 3 TO 4 YEARS



Copy clap – clap some simple rhythms for your child to copy

Pots and pans band – make some noise with wooden spoons, pots, pans and tupperware

Draw what you hear whilst listening to different styles of music – does it sound like dots or squiggles or straight lines etc?

Dance with fun props – dressing up, hats, scarves, toys, ribbons etc.

Bounce a teddy or toy to the beat of a song or some music



Name that tune – clap a familiar song and see if your child recognises it

Help your child with numbers by singing some counting songs e.g. 12345 Fish Alive'

Sing nursery rhymes and familiar songs together

Sing Old Macdonald together with your animal toys, and practise all your animal noises too

March to a drum – fast, slow and stop!

Sing to a toy or puppet

Make some fun homemade instruments e.g. elastic band guitars

Sing some action songs together e.g. Head, shoulders, knees and toes

Sing lullabies to calm and relax at sleep times

Use songs to help you tidy up e.g. put the toys in the box (tune: London Bridge)

Sing some partner songs e.g. Row, row, row or pat-a-cake)

Hide some instruments behind a screen and guess which one is being played



Make a song bag – include toys that represent each song e.g. spider for Incy Wincy

Play musical statues or musical bumps

Record your child singing or playing music, and listen back together

Share a book with a musical theme

Musical scavenger hunt: find something to shake, something to tap, something loud/quiet etc.



# MUSIC AT HOME

AGES 5 TO 7 YEARS



Screen game – hide three or more instruments and play one or two. Others guess which ones you have played.

Drum game – following the drum with walking, skipping, running, tip toes and stop

Experiment with body percussion (claps, stamps, slaps and clicks) – can you invent a cool routine?

Bounce a ball in time to the beat of a song

Dance with props – anything that encourages fun and movement e.g. ribbons, dressing up, scarves, beanbags, hula hoops



Spin the mic – make a toy microphone and spin it round to see who's turn it is to sing a song (you could pick songs from a bag)

Use songs to help with understanding of numbers and subtraction e.g. Five Little Speckled Frogs, Ten in the Bed

Fill glasses or jugs with different amounts of water and tap them lightly to hear different pitches

Write down some rhythms (any way you like) and see if you can clap them

Write a song and perform it and/or organise a musical performance for your toys, family and friends.

Read a book about music or a musician

Rhythm flashcards – clap and say the rhythms. Put several cards together to make longer rhythms

Guess the song – clap the rhythm of a well-known song and see if others can guess what it is

Sing lullabies to calm and relax at sleep times

Listen to 'Carnival of the Animals' by Camille Saint-Saens and move like each of the animals

Try singing some rounds together e.g. Frere Jacques

Listen to 'Peter and the Wolf' by Sergei Prokofiev and find out which instruments are used for each character



Sing a familiar song but only using an animal sound!

Design a weird instrument, draw it and explain how it will work. What will it be made of? What sound will it make?

Hot and cold game – hide an object and help your child find it by playing instruments loudly when they are near and quietly when they are far away.

Make your own instruments and talk about the different ways that sounds are made e.g. paper plate ocean drums, cardboard castanets

Draw or paint to a favourite piece of music – try to capture the mood