



VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

VOLUME #5 MUSIC AND DANCE

HELLO PARENTS,

Children naturally love music! Whether it is soft and soothing or a lively tune, children feel it both physically and emotionally. Today's newsletter is all about music and dancing. Singing and dancing allows children to express themselves, unleash their creativity, relax, and relieve stress. Making music with other people improves children's social and emotional skills. Singing is natural for children and it brings so much fun to any occasion. Dancing encourages love of music and it is a great way to get physically active at any time of the day.

ACTIVITIES

INFANTS (3 - 18 MONTHS)

Sounds of music

MATERIALS:

- Metal and plastic bowls, lids, wooden spoons, cardboard boxes, etc.

DIRECTIONS:

Let your child explore the materials and observe his/her reaction when different sounds are made. Copy your child's actions. Label sounds that your child is making (you can say: "This is very loud", "You made a quiet sound").

If you have a real instrument at home (piano, drum, bell), let your child explore it.

Click [here](#) for more fun and engaging songs.

TODDLERS (19 MONTHS – 2.5 YEARS)

Make Your Own Musical Instruments

MATERIALS:

- Coffee cans
- Wooden spoons
- Pots
- Pot lids

DIRECTIONS:

- Let your child explore the materials and watch what they are going to do.
- Encourage your child to touch different objects to see what sounds they make.
- Beat a rhythm on the object and encourage the child to sing or dance.

Make a marching parade around the house or backyard with the instruments you and your child have made and march to the tune of [When the Band Comes Marching In](#).

For more music and dance activities click [here](#).

PRESCHOOLERS (2.5 – 5 YEARS)

PLAY "TALENT SHOW"

- Bring out a variety of songs with a variety of tempos (fast, slow, etc.).
- Ask your child to dance accordingly, encouraging them to speed up if the music is fast and take it easy when the beat slows down.
- Join in the fun, copy each other's moves.
- See who can come up with the most interesting move.

For more music and dance activities click [here](#).

JK/SK (4 – 6 YEARS)

MUSICAL STATUES

- Play any music and dance with your child.
- When the music stops, stop and freeze like statues.
- Let everyone stand like that for a minute without moving or giggling.
- When the music is back on, continue dancing.
- Have fun with it!
- The last person dancing at the end is the champion statue!

You can find musical statues [here](#).

For more music and dance activities click [here](#).

SCHOOL-AGERS (6 – 12 YEARS)

YOU CAN DANCE!

Organize a family dance show: ask every family member to choreograph a one minute solo dance routine and perform it in front of the family. Judge each other's routines saying what you liked about it and what could be improved. Have fun with it!

To learn different dance routines click [here](#).

WE WOULD LIKE TO HEAR FROM YOU!

PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG



Immigration, Refugees
and Citizenship Canada

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A TIP FOR TODAY

- Sing to your child whenever you can. Smile while you are singing and sing songs and lullabies from your own childhood.
- Encourage your child to join in. Singing introduces words, nonsense sounds, rhymes and rhythms, all in an enjoyable package.
- Play music to inspire your child to listen, move, dance, and sing along. Record your child while dancing and singing and watch the video clips together.