



## HELLO PARENTS,

Children respond to music by moving spontaneously. This natural reaction allows them to release energy, have fun, calm down, and express themselves using their bodies. Music influences our mood and emotions. Music and movement combined stimulate all areas of development and enhance skills such as literacy, math, language, coordination, and social development. In this newsletter, you will find activities that will motivate your child to explore music through movement.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### LET'S ROW TOGETHER

##### DIRECTIONS:

- Have your child sit in front of you, facing you.
- Hold your child's hands and, rocking back and forth, sing [Row, Row, Row Your Boat](#)

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### FEATHER DANCE

##### MATERIALS:

- Feathers
- Music source

##### DIRECTIONS:

- Have your feathers ready and turn the music on.
- While the music is playing, toss the feathers up and start blowing at them to keep your feathers floating in the air.
- When the music stops, stop blowing, watch the feathers moving slowly to the ground and copy this movement, gently going down until both you and your child rest on the floor.

[Click here](#) for more ideas.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### LET'S GO TO THE ZOO

##### MATERIALS:

- Large space
- Song [Let's Go to the Zoo](#)

##### DIRECTIONS:

- Listen to the song "Let's Go to the Zoo" and talk to your child about how different animals move.
- Use words like "stomp", "jump", "swing", "swim", and "slither" to describe the actions.
- Put the song on again and encourage your child to dance and act out the animal movements.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### EXPERIMENT WITH MOVEMENT

##### MATERIALS:

- Music with different tempo

##### DIRECTIONS:

- Turn the music on and encourage your child to move to the music.
- While the music is still playing, call: "Now just arms!" (feet, head, hips, etc.).
- Change music to a tune with a different tempo and continue dancing and experimenting with movement.
- You can add props: scarves, balloons, or feathers, and ask your child: "How does this object make you want to move?"

[Click here](#) for more ideas.

### SCHOOL-AGERS (6 – 12 YEARS)

#### DANCE SWITCH

##### MATERIALS:

- Music source

##### DIRECTIONS:

- Play your favourite music and have your family members dance together.
- Randomly call different dance styles, such as: [hip hop](#), [ballet](#), [disco](#), or [ballroom](#).
- Whenever a new dance is called, everybody must switch dance moves to suit that style.
- Take turns with calling dance styles.

[Click here](#) for more ideas.



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#### A TIP FOR TODAY

- Prepare musical instruments in your child's play area where they can access them freely.
- Offer your child opportunities to make and play instruments from recycled materials.
- Encourage your child to sing frequently.
- Explore all kinds of movement together and learn new dance steps.
- Include music and songs during daily routines and transitions.