



## HELLO PARENTS,

Music offers joyful and rewarding experiences for all of us. It is also a powerful learning tool for young children. Activities that involve music and singing enhance children's listening and sound discrimination skills, expand their vocabulary and language, improve memory, support children in labeling and understanding their emotions, boost math skills, encourage creative approach to solving problems, and benefit children's overall well-being. In this newsletter, we provide activities that will engage your child in exploring and discovering the rich world of music.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### THE SOUNDS OF THE INSTRUMENTS

##### MATERIALS:

- Different instruments

##### DIRECTIONS:

- Gather some simple instruments such as drums, shakers, or bells.
- Encourage your child to explore them and listen to the different sounds they make.
- Name the instruments and label the sounds they make.
- Play with your child and explore together the different volume levels for each instrument.

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### PAINTING TO THE BEAT

##### MATERIALS:

- Paint
- Canvas
- Music source
- Popsicle sticks
- Newspaper

##### DIRECTIONS:

- Cover the table or a large floor area with newspapers.
- Squeeze some paint on the canvas and turn on the music. Choose a piece with a clear, steady beat.
- Encourage your child to use the popsicle sticks as drumsticks and pound away on the canvas to the beat of the music.
- You can change the music to see how your child will respond to a new beat.
- Wait for the paint to dry and hang the painting on the wall.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### ROBOT DANCE

##### MATERIALS:

- Popsicle sticks
- Container
- Marker
- Music source

##### DIRECTIONS:

- Brainstorm with your child the many ways robots can move.
- Help your child write and draw each dance move on a separate popsicle stick.
- Place the popsicle sticks in a container.
- Turn on the music and ask your child to take one popsicle stick from the container. This will be the first dance move for the robot dance.
- Dance with your child repeatedly performing the first dance move.
- Take another popsicle stick from the container and add the new move to your dance.
- Continue adding new moves to the robot dance routine.
- You can take turns giving the dance move commands.
- Invite other family members to join the dance.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### BODY PART DANCE

##### MATERIALS:

- Music source

##### DIRECTIONS:

- Turn on the music and call out a body part. For example, you can call out "mouth!" and proceed dancing by puckering lips, wagging tongues, etc.
- Wait a while and continue to call out different body parts.
- Encourage your child to create their dance movements with the body part that was called out.
- You can take turns calling out body parts and creating the dance moves.
- Invite your friends or other family members to join the dance.

[Click here](#) for more information and activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### CUP SONG

##### MATERIALS:

- Plastic cup

##### DIRECTIONS:

- Learn the following chant:  
*Clap, clap, tap-the-cup, clap, up, down*  
*Clap, grab, hand, down, switch, hand, down.*
- Now, starting slowly, add actions to the chant.
- You can [click here](#) to watch a tutorial.
- Practice the cup sequence slowly at the beginning, then a little faster.
- Once you have mastered the moves, add a song to it.
- To make it more challenging, play this cup song with your friends or family passing the cup around the table.
- Anyone who makes a mistake moves out of the circle while the remaining players continue on until there is just one winner left.

[Click here](#) to watch a group cup beat game.

[Click here](#) for more ideas.



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#### A TIP FOR TODAY

- Discover different types of music. For example: pop, classical, folk, etc.
- Create fun, silly songs that you and your child can sing together while brushing teeth, cleaning up or getting ready for school.
- Make your own musical instruments using recycled materials.
- Engage your child in rhyming games. Younger children can find words that rhyme and older ones can create their own rhyming poems.