

# Music and Dance Activity

## My beautiful music

In this activity, children explore the sounds and rhythms of music by creating songs.

### Preparation:

Each child will need:

- access to a variety of musical instruments, such as rhythm sticks (or two pencils), drum (or a plastic bowl with a tight lid), maracas (or a plastic bottle filled with rice), and cymbals (or two metal spoons)

### Activity:

Place the instruments on a table. Model at least one simple song with the instruments to show the children what to do, then ask them to create their own songs. Encourage the children to use different sounds and words in their song to make it their own work. Allow children to perform their song to the whole group afterward. Invite children to talk about what is the same and what is different about each song performed.

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## Dance, dance

In this activity, children listen to music while exploring dance moves.

### Preparation:

You will need:

- a music player
- a collection of youthful, cheerful music

### Activity:

Play a tune on a music player and in an open area of the classroom have children dance along to some music.

### Extension:

Encourage children to create their own dance using forward, backward, and sideways movements. After they create the dance, invite them to perform it for the class. Encourage them to teach their dance to the group.