

Music fun with lycra

Equipment

- A piece of lycra fabric, or a scarf or pillowcase
- A teddy or other soft toy, or confetti or similar



Instructions

Sit in a circle with your baby/toddler.

Hold on to the edge of the lycra.

Put, for example, a small teddy on the lycra.

Bounce the teddy up and down while singing nursery rhymes and encourage him to copy you.

Place star shapes on the lycra and while bouncing them, sing 'Twinkle Twinkle Little Star'.

Place foam fish on the lycra and while bouncing them, sing 'Fishes in the water, fishes in the sea, all jump up with a 1, 2, 3!'

Finish the lycra song session by singing 'Five Fat Peas', and collect in lycra.



Variations

Hum, whistle or sing your own songs.

Tell simple nursery rhymes and clap your hands or stamp your feet to the rhythm, for example:

'Pat-a-cake, pat-a-cake, baker's man.

Bake me a cake as fast as you can

Pat it and prick it and mark it with 'B';

Put it in the oven for baby and me.'

Give him the opportunity to make his own 'music' during play such as banging a wooden spoon on a saucepan, or tapping a pencil on a box.



benefits

- Your toddler will enjoy making spontaneous music by experimenting with sounds which he will repeat again and again.
- Physical – achieving balance and coordination, developing a sense of rhythm.
- Other – learning by observing. Imitating and experimenting with sounds. Learning new words.