

# Music

Choose any of these activities

## 1) Freeze dance:



It's as simple as it sounds. Blast some of your preschooler's favorite tunes (or heck, even some of your own) and dance to your heart's content. Then, when they least expects it, yell "freeze!" and stop the music. See what funny positions you both wind up in. How long can you hold them?

# Music

## 2) **Strike Up the Band**



Gather up all the music-making instruments you can find. Don't have a piano or a drum at the ready? No worries, homemade is always more fun anyway. Pull out pots, pans, bowls, empty milk cartons — whatever you have on hand — and let your little one go to town on them with a wooden or plastic spoon. Fill closed containers like sealable bowls with buttons or pebbles and give them a shake.

# Music

## 3) Name That Tune



Clap or tap out your child's favorite nursery rhyme or song. See if they can figure out what it is. Once they've mastered that game, make it a little more challenging and try to do it in less time or fewer beats.