



1000 Follower Giveaway for Adults at Home with Young Children

1. It's Time for Music

Suggested Activities: waving, bouncing, dancing, clapping, tapping

Prop/Instrument Activities: none

2. Peekaboo

Suggested Activities: playing "peekaboo", hide & go seek

Prop/Instrument suggestions: a scarf or blanket, turning on and off a flashlight

3. F is for Friend

Suggested Activities: playing an instrument or dancing

Prop/Instrument Suggestions: homemade shakers using Tupperware/jar and rice/beans

4. This is the Animal Song

Suggested Activities: Gross Motor Movements

Prop/Instrument Suggestions: move like different animals, finding pictures of animals in a book or picture, making sounds like different animals

5. Old Macdonald Had a Band

Suggested Activities: body percussion, play along, dance

Prop/Instrument Suggestions: body percussion including clapping/tapping/stomping, homemade "drum" type instrument including Tupperware/large bowl/wooden spoons

6. Breathe

Suggested Activities: rocking/swaying, cuddling, free movement, deep breathing, laying down on back or stomach

Prop/Instrument Suggestions: weighted blanket, darkened room

7. Goodbye to You

Suggested Activities: waving goodbye, singing along, giving a hug

Prop/Instrument Suggestions: none