



Author: **Mollie Hiebert, Music Therapist**

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Activity: **Four videos/activities from Mollie**

1.

Good Dog Pete!

Song Making activity

Materials:

- Creativity!
- Device to watch video on
- Communication device if needed
- Pen and paper for writing down your song

Directions:

- Listen to/watch video: https://www.youtube.com/watch?v=KRc1r_77BWA&t=8s
- Make your own song using your pet, a stuffed animal, a brother/sister/mom/dad/friend/whoever!
- Video shows an app that can be used to help kids make choices.

Goals:

- Language/literacy development: Rhyming helps kids hear different parts of words and start to understand how words are the same or different. Even if your child is not speaking yet, playing with rhyming words can help them develop a better understanding of language.
- Choice making: Let your kids choose who they want to sing about and add anything they want to the song
- Have fun and be creative!

2.

Pretty Little Horses

Relaxation activity

Materials:

- Device to watch video on

- Cozy place to relax
- Art materials (playdough, paint, crayons, stickers, whatever) if desired

Directions:

- Find a cozy, relaxing spot
- Have art making materials available if desired
- Listen to/watch video: <https://www.youtube.com/watch?v=9MnMbNeW9zw&t=7s>
- Talk about dreams and daydreams with your child, see if they can communicate their dreams through art or any other way.

Goals:

- Relaxation
- Benefits of Daydreaming:
 - <https://www.theatlantic.com/education/archive/2013/10/teach-kids-to-daydream/280615/>
 - <https://www.smithsonianmag.com/science-nature/the-benefits-of-daydreaming-170189213/>
 - <https://www.psychologytoday.com/us/blog/fulfillment-any-age/201901/why-daydreaming-can-improve-your-mental-health>

3.

Cluck Old Hen

Math and Science activity

Materials:

- Device to watch video on
- Egg carton, with or without eggs
- Small items to put in egg carton such as plastic eggs, pompoms, fruit snacks, legos, etc.

Directions:

- Listen to/watch video: <https://www.youtube.com/watch?v=kNngfkx9upQ&t=40s>
- Egg cartons are a great tool for tactile counting. You can let your child feel the real eggs in the carton and help them count them. You can also put plastic eggs or other items in the carton to help kids count and sort.
- Then you can let them help you break open an egg and make something yummy!

Goals:

- Math - counting, sorting
- Science
 - Where do eggs come from?
 - Why do birds sit on eggs?
 - How do you cook an egg?

4.

10 Apples Up on Top

Early literacy/math activity

Materials:

- Device to watch video on
- Paper plates or other similar item that kids can decorate and then stack on their heads
- Crayons, paint, markers, stickers, etc to decorate paper plates
- Apples (if you have them)
- Bean bag or other similar item for balancing on child's head

Directions:

- Listen to/watch video: <https://youtu.be/V1eoEcl8QyQ>
- Help kids decorate paper plates
- See how many plates you and your kids can stack on top of their heads
- See how long you and your kids can balance an apple, bean bag, or other item on your head
- See if you can hop or do other activities while balancing
- Find other rhyming books and do your own rhythmic reading
 - Use GarageBand to create a rhythm, see tutorial here: https://youtu.be/ho_NdMgB_XU
 - Play an instrument, tap your legs, etc
 - Pause on the rhyming word and see if your child can fill in the blank (can use communication device for this too!)

Goals:

- Early Literacy/language development - rhythm helps to organize language and emphasize rhyming, rhyming helps kids break down words into smaller parts and learn how words are put together.
 - <https://natlib.govt.nz/blog/posts/feel-the-rhythm-developing-language-through-rhythm-and-rhyme>
- Math - counting
- Sensory-motor skills - balancing (improving vestibular and proprioceptive systems)
- "I like nonsense, it wakes up the brain cells." Dr. Seuss