



VOLUME 8 • MAY 18

# BEACON HEIGHTS AT HOME

WEEKLY ACTIVITIES FOR PRESCHOOL FAMILIES



## TAKE A PEEK!

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## MUSIC

Exposing children to music at an early age can help build intellectual, social-emotional, motor, language, and overall literacy skills. Beyond its developmental benefits, however, it simply brings us joy! There's nothing quite like watching a toddler jam to her favorite song or sing her stuffies to sleep. We use music to soothe, to shake out our sillies, hype us up, and calm us down... the benefits and uses are endless! So shimmy on into this week and get ready to turn up the beat!

# MOVEMENT



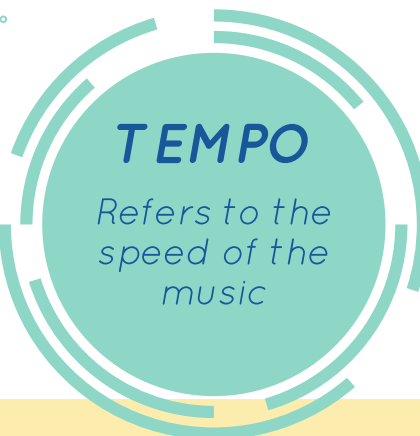
## FREEZE DANCE

This is a great game for children to continue learning self-regulation. Play music for your child to dance to. Any time you press pause, your child must freeze and be completely still until you play the music again. Let your child take a turn as the pauser!



## TEMPO DANCE

Play/sing/listen to fast music, have your child dance fast. Play/sing/listen to slow music, have your child dance slowly.



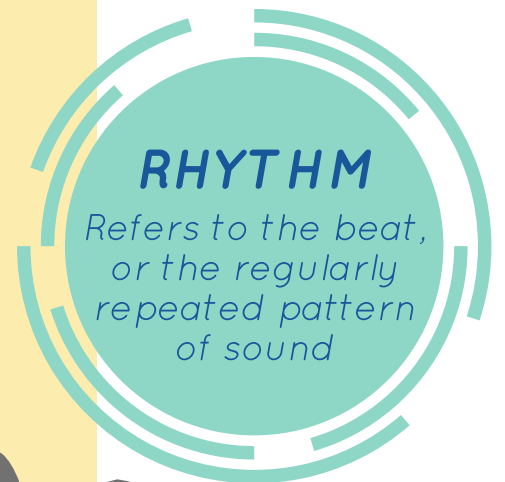
## ANIMAL DANCE

One activity children have loved this year is animal racing where they run (or hop or crawl) like different animals. The animal dance uses this same idea, but for dancing! What animals can you dance like? How do you think those animals dance? Do they hop? Wiggle? Roll around on the floor?



## REPEAT AFTER ME!

A wonderful transition tool we use at the preschool are rhythm games. Beat recreation is one of these. Essentially the adult will make a series of beats using clapping, stomping, snapping, clicking of the tongue, etc.. The child will listen intently and as soon as the adult has finished, they child will mimic the exact same beat, using the same motions. Start small with four beats and work your way up to more! Once you've got it down, switch roles. Let your child create a beat for you to mimic! (This is also a good calming tool to use when emotions are high.)



# ART & DRAMATIC PLAY

## SHAKE, RATTLE, & (ROCK 'N) ROLL!

Here are two instruments you can create at home!

**SHAKERS** can be made using any small closable container. You will then fill the said container with a "noise maker."

### Container Options:

Plastic Easter egg  
Tupperware container and lid  
Rinsed out peanut butter jar  
Sippy cup  
Water bottle

### Noise Maker Options:

Rice  
Loose change  
Beads  
Dried noodles or beans  
Pom Poms  
Paper clips  
Sand



**DRUMS** can be made a few different ways as well!

### Option 1:

Take two paper bowls and staple them together around the edges. That's it! You have a drum. (You can add a noise maker in between if you want to experiment with sounds.)

### Option 2:

Put a small handful of rice or lentils into a clean, empty tin can. (Be sure the edges of the can are smooth!) Cut off the end of a balloon. Stretch the balloon of the top of the tin can and secure with some rubber bands.

### Option 3:

Take an empty cardboard oatmeal container. Peel off the wrapper and cut the top off to make it about half its original size. Let your child decorate the remaining container. Punch a hole on each side of the container and attach a long ribbon. You want the ribbon long enough that when your child puts it over their head, the drum will lay around their belly button. Replace the lid. Now the child had a drum they can wear!



### Drum Stick Options:

Pencils (preferably not sharpened)  
Chop sticks  
Metal straws  
Markers



# ART & DRAMATIC PLAY

## MUSICAL PAINTINGS

Let's combine these two artistic expressions into one!

1. Decide on a piece of music to listen to. Try something without words so your kids can really focus on the music.
2. Find a comfortable spot to sit or lay, and just listen to the song together. Afterwards, ask your child, *what did you notice?*
3. Now for the fun part! Set your child at a work surface with paints (or markers or crayons), and listen to the song again. Most kids don't need much more of a prompt to get started! If you have a reluctant artist, try some prompts like: *what colors does this song make you think of? Does the music sound happy or sad or angry? Is it smooth or choppy?*



## PUT ON A CONCERT

Decide what you will be doing for your concert.  
*Will you be singing? Playing an instrument? Dancing?*

Decide when your concert will be.

*After breakfast? After dinner? At 3:28pm?*

Decide where your concert will be.

*In the living room? In your bedroom? In the yard?*

Decide who you will invite to your concert.

*Your stuffies? Your pets? Your family?*

Make tickets for your concert.

*How much will they be? Will they cost a hug? A penny?*

*Will they be free?*

## DIRECT AN ORCHESTRA



This game requires more than one person. Someone starts as the director and the other is the orchestra member whose "instrument" is their body. What sounds can you make with your body?. When the director waves their arms fast, this means a fast tempo and the orchestra plays fast. When the director waves their arms slowly this means a slow tempo and the orchestra plays slowly. When the director directs with just one or two fingers, the orchestra plays quietly. When the director directs with their whole body, the orchestra plays loudly. Make sure everybody gets a chance to be the orchestra and the director!



Set up your concert.

*Will you have a stage? Are there places for the audience to sit?*

Make a program.

*Who will be in the concert? Is it just you or will your pets, siblings, or special grown-ups be in the concert? What will you be singing or playing? Will you be dancing, too? Make sure these things are in the program.*

Put on your concert and don't forget to take a bow at the end! You worked hard!



# MATH & SCIENCE

## GOOD VIBRATIONS

### THE SCIENCE OF SOUND

We might not be able to see sound waves in the air, but we can see their effects with this fun experiment!

#### Materials:

- Big bowl
- Plastic wrap
- Dry rice (or small wads of paper)
- Metal pan
- Metal spoon

#### Process:

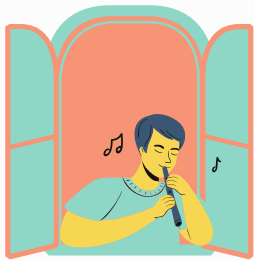
1. Pull the plastic wrap tightly around the bowl
2. Place about a teaspoon of rice on top of the plastic wrap
3. Hold the metal pan close to the bowl and let your child bang as hard as they can on the pan with the metal spoon
4. Watch the rice dance!

*You are seeing the result of the sound waves from the noise of the pan! What happens when you hit more softly? More loudly?*

### PITCH

*Refers to how "high" or "low" a sound is (determined by the rate of vibrations producing it)*

### MORE HOMEMADE INSTRUMENTS!



#### Comb Kazoo

##### Materials:

- Fine-Toothed Comb
- Wax Paper
- Tape

##### Process:

1. Wrap the wax paper around the comb once.
  2. Tape into place.
- That's it!

Now you can use it as a kazoo by touching your lips on the wax paper and humming. (remember to change the wax paper after every person!)

*Can you feel the sound vibrations on your lips? What do they feel like?*

#### Cylinder Kazoo

##### Materials:

- Cylinder— toilet paper rolls, paper towel rolls cut in half, or thick paper (like cardstock) rolled into a cylinder (roughly 1.5" diameter and 4" long)
- Wax Paper
- Rubber Band

##### Process:

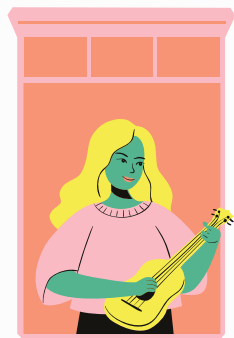
1. Wrap wax paper around one end of the cylinder, covering the hole completely.
2. Wrap the rubber band tightly around the wax paper to hold it into place.
3. Now talk or sing into the open side!

*What does your voice sound like?*

#### Rubber Band Guitar

##### Materials:

- Rubber Bands
- Container without a lid (i.e. Tupperware container, small box without the lid, etc.)



##### Process:

1. Wrap rubber bands around the container.
2. If desired, tape a ruler, empty paper towel roll, etc. on to the end to be the neck of guitar (this adds no function other than a place to put your fingers and pretend like you're rocking out!).

Experiment with tighter, looser, thicker, and thinner rubber bands. *Do these change the pitch? How?*

# MATH & SCIENCE

## WATER XYLOPHONE

Water play and Music! Is there anything better?

### Materials:

- Eight identical glass cups or mason jars
- Water
- Measuring cups
- Food coloring
- Plastic, metal, and wooden spoons

### Process:

1. Place the glass containers in a straight line, not touching.
2. Leave the first glass empty. Fill the second glass with  $\frac{1}{4}$  c. water. Then the third glass with  $\frac{1}{2}$  c. water. Then the fourth glass will get  $\frac{3}{4}$  c. water. And so on. Each glass will get  $\frac{1}{4}$  c. water MORE than the glass before it. (Adding food coloring to the water is optional but it sure sounds fun to have a rainbow colored xylophone!)
3. Next let your child use varying tools to tap on the jars. Their fingernails, spoons, wooden items, plastic items, metals items, etc.

Which glass jar had the highest pitch? Which had the lowest? Did what you used to tap the glass with change the sound? Did WHERE you tap on the glass change the sound? Why do you think this is? Can your child come up with a hypothesis?

**Scientist Hint:** The pitch of the sound depends on the speed of the vibrations. Since the glass with the most water slows down the vibrations the most, it produces a lower pitched sound. The glass with no water in it produces the highest pitched sound because the sound waves can move quickly through the air into our ears.

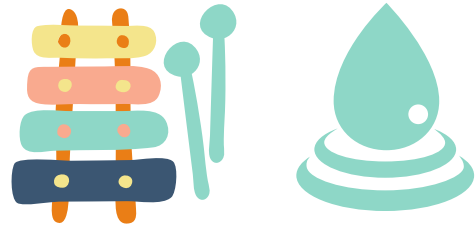
## SOUND COMPOSER

Let your child take the lead (and work on those patterning skills) by becoming a sound composer!

1. Brainstorm a list of sounds we can make with our bodies (stomp, clap, snap, etc.)
2. Let your child come up with a symbol to correspond with each sound.
3. Using the symbols, write your own music! Take turns being the "composer" and the "player."



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# SONGS & MORE!

Songs and stories are on the site...

Remember, you can always re-watch your favorites from past weeks!

Go to: [kidlitcrafts.net/beaconheights-videos](http://kidlitcrafts.net/beaconheights-videos)

Password: [beaconheightsfamily](#)

## GENRE COMPARISON

One of the most wonderful things about music is how diverse it can be. With your child think of a popular, favorite preschool song. Go online and find a few different versions of it. (If the audio has a video you may want to make the screen out of sight. We want to focus on the sound in this activity and videos can be distracting at times.)

For example. Itsy Bitsy Spider. Sing the song a capella with your child. Then have your child listen to an R&B version. Then perhaps a Reggae version. How about a country music rendition? Tell your child to dance and move to the music in whatever way it makes them feel. Ask your child what they think of each version of the song. Did some tempos in the songs make them want to move faster than others? What instruments do they hear in each of the genres? Do any sound alike? Which was their favorite?



## CLATTER, CLATTER, CLAPPITY CLAP



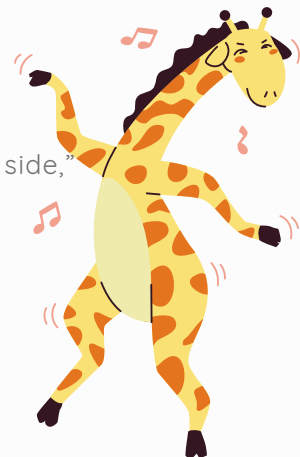
Clatter, clatter, clappity clap  
I'll clap a rhythm and you play it back  
So listen close and then you'll see  
You can clap your hands like me  
My turn first (play short rhythm)  
Now you go (children repeat rhythm)



## 1-2-3, TAP WITH ME

1-2-3, tap with me, tap your sticks together  
1-2-3, tap with me, tap your sticks like this  
On the floor, on the floor\*  
Tap your sticks together  
On the floor, on the floor\*  
Tap you sticks like this

\*Replace with "in the air," "to the side,"  
"really fast," "really slow,"  
or any ideas your child has!



# SONGS & MORE!

## MUSICAL MEMORY LANE

Remember back in the day when hand clapping games were a big part of play? We vote to bring this back! Dust off those memories and teach your child to play a simple two to three motion clap songs. Start with Patty-Cake and work your skills up to Miss. Mary Mack. Say, Say Oh Playmate is a great one too



## THIS COOL KID (THIS OLD MAN)

This cool kid, they played one,  
they played knick-knack on my drum;  
Knick-knack paddywhack,  
Give a dog a bone,  
This cool kid came rolling home.

This cool kid, they played two,  
They played knick-knack on my shoe;  
Knick-knack paddywhack,  
Give a dog a bone,  
This cool kid came rolling home.

This cool kid, they played three,  
They played knick-knack on my knee...

This cool kid, they played four,  
They played knick-knack on my door...

This cool kid, they played five,  
They played knick-knack on my hive...

This cool kid, they played six,  
They played knick-knack with my sticks...

This cool kid, they played seven,  
They played knick-knack up to eleven...

This cool kid, they played eight,  
They played knick-knack on my gate...

This cool kid, they played nine,  
They played knick-knack on my spine...

This cool kid, they played ten,  
They played knick-knack over again...





# SONGS & MORE!

## I AM A FINE MUSICIAN

I am a fine musician, I practice everyday  
And people come from miles around just to hear me play  
My piano, my piano, they love to hear my piano  
plink, plink, plink, plink, plink, plink, plink, plink, plink, plink, plink



I am a fine musician, I practice everyday  
And people come from miles around just to hear me play  
My tuba, my tuba, they love to hear my tuba  
Oom-pa, oom-pa, oom-pa pa, oom-pa, oom-pa pa.  
plink, plink, plink, plink, plink, plink, plink, plink, plink, plink, plink

I am a fine musician, I practice everyday  
And people come from miles around just to hear me play  
My drum, my drum, they love to hear my drum  
Ratatat tat tat tat tat, ratatat tat tat tat  
Oom-pa, oom-pa, oom-pa pa, oom-pa, oom-pa pa.  
plink, plink, plink, plink, plink, plink, plink, plink, plink, plink, plink



...my trumpet, my trumpet, they love to hear my trumpet  
Ta-tada-ta ta ta ta, ta-tada ta taRatatat tat tat tat tat, ratatat tat tat tat  
Oom-pa, oom-pa, oom-pa pa, oom-pa, oom-pa pa.  
plink, plink, plink, plink, plink, plink, plink, plink, plink, plink, plink



...my piccolo, my piccolo, they love to hear my piccolo  
Deedle leedle lee dee dee dee deedle leedle lee dee dee  
Ta-tada-ta ta ta ta, ta-tada ta ta  
Ratatat tat tat tat tat, ratatat tat tat tat  
Oom-pa, oom-pa, oom-pa pa, oom-pa, oom-pa pa.  
plink, plink, plink, plink, plink, plink, plink, plink, plink, plink, plink



I am a fine musician, I practice every day  
And people come from miles around just to hear me play

*What other instruments can you think of? What sounds do they make?*

