



SOCIAL DEVELOPMENT

Parachute Blizzard music game

If you don't have a parachute you can use a sheet or a light blanket. Add different music to this activity and have the children shake the parachute faster or slower according to the music that is playing.

<http://www.sotomorrowblog.com/2013/01/indoor-blizzard.html>

Target: social interactions

Going on a Bear Hunt

<https://www.youtube.com/watch?v=Wzlcu6tbEko>

Target: cooperation

Music Makers

<https://fun-a-day.com/easy-musical-sensory-bin-homemade-shakers/>. If you chose this activity make sure the children have an individual bowl of buttons, noodles, rocks etc. to fill in their own container.

Target: sharing

Food Charades

Have the children act out different types of food such as: Popcorn popping Toast popping out of a toaster Fish swimming A peeling banana etc.

Target: sharing ideas

PHYSICAL DEVELOPMENT:

Fine Motor

Drum Games

<https://www.andnextcomesl.com/2014/02/exploring-tempo-in-music-with-drum-games.html>

Target: eye hand coordination



Egg Shakers

<https://www.mamasmiles.com/fancy-shaker-eggs-version-two/>

Target: fine motor



Strumming

<https://teachpreschool.org/2013/03/11/diy-musical-strummies/>

Target: grasping



Gross Motor

Parachute Songs

This link provides a variety of activities to well know children's' song. Choose your favorite songs.

<http://www.sotomorrowblog.com/2013/08/program-idea-parachute-playtime.html>

Target: coordination

Jumping Animals

You can put down pictures to assist making connections for younger children

<https://theinspiredtreehouse.com/physical-games-for-kids-jumping-animals/>

Target: balance

Tissue Dance

<https://www.trueaimeducation.com/the-tissue-dance/>

Target: balance

Shake Break

<https://www.youtube.com/watch?v=zl5QodAFuVk>

Target: large muscle movement

Musical Yoga

Do different yoga moves to classical music

Target: coordination

INTELLECTUAL DEVELOPMENT

Cognitive

Walk in the Jungle Song

You can find the song on YouTube

<https://thepreschooltoolboxblog.com/walkin-in-the-jungle-gross-motor-and-sequencing-for-preschool/>

Target: sequencing

Head, Shoulder, Knees and Toes

<https://www.youtube.com/watch?v=WX8HmoqNyCY>

Target: labeling



Sensory Feet

Using pipe cleaners or a hair scrunchie attach various sized and number of bells for the children to wear around their ankles or wrist to make different sounds.

Target: cause and effect



Language

Action Song

<https://www.youtube.com/watch?v=TXrqyb97huM>

Target: vocabulary

Freeze Dance

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

Target: repetition

Hungry Caterpillar Rap

https://www.youtube.com/watch?v=tUBBh4QzTU&list=RD_tUBBh4QzTU&start_radio=1

Target: vocabulary

Shake shake shake my sillies out

https://www.youtube.com/watch?v=NwT5oX_mgS0

Target: repetition



CREATIVE DEVELOPMENT

Make a Rain stick

<http://preschoolpowolpackets.blogspot.com/2019/01/rainstick-instrument-craft-sensory.html>

Target: creativity



Noise Maker

https://www.youtube.com/watch?v=U2Gkf_HFrMM

Target: decision making

If you're Happy

<https://www.youtube.com/watch?v=gKd58Nfr-dM>

Target: creativity

How Would You Dance to This?

You make a playlist of the most random music you can find. Pick all genres even the unpopular ones. You play it, let the kids absorb it for a second and then ask, how would you dance to this? It's a fun game and you will get some hilarious interpretations. Be sure to share your playlists in the comments below to assist other parents and teachers.

Target: making choices

EMOTIONAL DEVELOPMENT

Dancing with Ribbons

<https://buggyandbuddy.com/make-dancing-ribbon-rings/>

Target: self expression

Plate Dance

<https://childhood101.com/a-musical-innovation/>

Target: independence



Paint to Music

Offer the children a variety of painting materials and play music for the children and ask them to paint what they feel.

Target: self expression

Body part dancing

Pop on some music and then tell your preschoolers they can only dance with the body part you shout out. So, they might jiggle their right arm or wiggle their tongue!

Target: independence