

Music and Movement Activities and Ideas to get your Preschoolers Movin' and Groovin'!

Musical Hula Hoops

This is a variation of musical chairs. The difference is that it is not a competitive game--no one is OUT.

Place several hula hoops around the area (Use large hula hoops and have one for every 3-4 children).

Explain to the children that they will walk AROUND the hula hoops. When the music stops, they all need to be in a hula hoop and there can be more than one child in a hoop.

Each time you stop the music and the children are in the hoops, have them start walking around them again--but remove one hoop.

Continue until there is only one hoop left. The children will all work together to make sure all of their friends get in the hoop when the music stops.

Action Songs

Sing songs with actions such as Head, Shoulders, Knees, and Toes; Hickory Dickory Dock (run in place as if mouse); Hokey Pokey; The Wheels on the Bus.

Statues /Freeze Game

Play music and the children can dance and sing. Every couple minutes stop the music and the children have to stay still in whatever pose they are in when the music stopped. If they move they are out but let them join back in after a few of them are out. This is great exercise for them when it is raining out.

Musical Marching Parade

Using inexpensive or homemade instruments allow the children to make their own music and perform. They can march, dance, clap, and drum to the music being played and act as if they are part of a musical marching parade.

Feather Dance

Take a bag of colored feathers. Give each child one to "feather dance" with. While the music is playing, have the children keep the feather in the air by blowing it. After a while, you can throw the whole bag of feathers in the air, and the kids can run around gathering up their own little bunches. For clean up, just give each child a color to pick up, so there won't be any feathers left on the floor.

Paper Plate Dancing/Find the Beat

Help children find the beat of the music and do some activity related to the beat such as jumping, clapping, tapping their foot, or nodding their head.

Give each child a paper plate.

Play different types of music and have the children keep the beat by:

Tapping the plate on their head

Tapping the plate on their tummy

Tapping the plate on their foot

Tapping the plate on their knee

Once the children are used to tapping the paper plate on different body parts, ask them where they should tap the plate next.

"Yankee Doodle"

Yankee Doodle can go to town in other ways besides riding on a pony. It can be called slideroni, skiparoni, walkaroni, hoparoni, tiptoearoni----

Yankee Doodle went to town

Riding on a pony

He stuck a feather in his hat

And called it Skiparoni

Yankee Doodle skipped to town

Skipped to town so dandy

Mind the music and the step

And with the kids be handy

Streamer Dancing

Make some inexpensive streamers for dancing. Use lids from yogurt containers, cut the centers out to make plastic rings. Cut an old red plastic tablecloth and a white garbage bag into strips. Loop them in a knot through the rings. They are easy for small hands to hold. Turn on music and march or dance around the room waving streamers up and down and all around.

Scarf Dancing

Ask parents to donate old scarves or go to a thrift store and buy them. You will need once scarf per child.

Play many different types of music. Have the children move their scarves to the beat of the music.

Talk about the music... Is it fast, slow, happy, sad, etc...

Rhythm Sticks

All you need is a bell and a set of rhythm sticks for a fun movement activity on a rainy/snowy day! (And it really fine tunes Listening Skills!) "Click" a slow beat on the sticks. Call this "walking music". Then "click" out a faster beat with the sticks. Call this "jogging music". Now, ask the children to listen to the sticks' rhythm. When they hear the "walking music", they should walk around the room.

When they hear the "jogging music", jog. Now ring the bell. This means "stop and drop". Now, have fun with the slow and fast beats of the sticks ("walking music" and "jogging music") and ring the bell. The children will get a great physical and auditory workout.

Row, Row, Row Your Boat

The children sit in a circle and pretend it is a boat. Sing "Row, row, row your boat". Then, since you're the captain, shout out a child's name and say, "Kelly, overboard!" That child jumps in the middle of the circle and pretends to swim. All of the rest of children in the boat throw in a pretend line and begin pulling. As we are "pulling we say " 1-2-3-4-5 she's/he's alive!! The child in the middle then take his seat. We repeat this until everyone has had a turn to jump overboard.

With Your Partner (sung to Skip to My Lou)

Children are in pairs
With your partner... shake their hand,
(repeat 2 more times)
Shake their hand my darling.

Other verses: turn around, stamp your feet, stand and bend, shake your hands, nod your head, march in place, etc., (and finish) GIVE A HUG.

Sources: <http://fun.familyeducation.com/toddler/music/37371.html><http://www.angeliquefelix.com/blog/a-to-z-movement-activities-for-young-kids>

One Potato, Two Potato

One potato, two potatoes, three potatoes, four.
Five potatoes, six potatoes, seven potatoes more!

Change the food based on their favorites. Encourage them to hold up the number of fingers as they sing this!

<http://www.preschool-plan-it.com/preschool-nutrition.html>

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

Preschool Nutrition Dance

Materials needed: Play food pieces including both healthy and unhealthy food; 2 large bowls or boxes; CD player and music.

The children should dance with their food piece. When the music stops, they should place their food in the appropriate bowl or box--healthy or unhealthy!