



Music & Movement Resource Guide



Play & Learn - KIDCO AT HOME

Stop, Slow, Go Movement Game

Create this fun movement game with construction paper and popsicle sticks. Play as a Red Light, Green Light Game encouraging your child to run, jump, skip or hop. Put on music for your child to get moving and shake their sillies out as they play.



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TEDDY BEAR, TEDDY BEAR

Teddy Bear, Teddy Bear turn around,
Teddy Bear, Teddy Bear touch the ground,
Teddy Bear, Teddy Bear, reach up high,
Teddy Bear, Teddy Bear, touch the sky,
Teddy Bear, Teddy Bear, bend down low,
Teddy Bear, Teddy Bear, touch your toes,
Teddy Bear, Teddy Bear, go to bed,
Teddy Bear, Teddy Bear, rest your head,
Teddy Bear, Teddy Bear, turn out the lights,
Teddy Bear, Teddy Bear, say "good night!"



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MUSICAL BASKETS

Create an interactive musical experience for your child by adding toys that are linked with the song. Musical instruments along with the toys will keep your child engaged and excited to reach in and find what you are singing about. The basket shown is ready for Old MacDonald.

However, there are endless opportunities for learning with different songs. Encourage your little one to practice colours, count and make sounds of all the objects.



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IF YOU'RE AN ELEPHANT AND YOU KNOW IT!

TUNE: IF YOU'RE HAPPY & YOU KNOW IT!

If you're an elephant and you know it,
Stomp your feet!

If you're an elephant and you know it,
Stomp your feet!

If you're an elephant and you know it,
And you really want to show it,

If you're an elephant and you know it,
Stomp your feet!

- + Monkey - jump up and down
- + Lion - give a roar
- + Bird - fly around



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WHAT'S THAT SOUND?

Create a senses game by filling plastic eggs with various items from your home. Small toys, pasta, rice, stones from the garden - all make various sounds. Secure the egg with tape or glue so the objects do not fall out and have your child shake their eggs to the music or play - What's That Sound? - a fun guessing game.



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HOMEMADE INSTRUMENTS

Have your child work on their fine motor skills by making instruments with recycables, beans, pasta or rice.

These can be used in directional songs.



TWINKLE, TWINKLE, TRAFFIC LIGHTS

Twinkle, twinkle, traffic
light

On the corner shining bright
Red means stop (stop
shaking)

Green means go! (shake)
Yellow means go but very
slow (shake slowly)

Twinkle, twinkle, traffic
light

On the corner shining
bright!



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THIS IS THE WAY I MOVE!

TUNE: MULBERRY BUSH

This is the way I touch my nose, touch my
nose, touch my nose.

This is the way I touch my nose, when I'm
having fun!

- + Jump up and down
- + Spin around
- + Hop in the air
- + Stretch up high
- + Bend to the floor
- + Balance on one foot
- + Spin in a circle



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KITCHEN XYLOPHONE

Create this interesting musical instrument with water, food colouring and jars/glasses. Varying the levels of water will provide different tones for your child to explore. A small spoon can be used to tap on the jar to create a symphony. Play music for your child to strike up a band.



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SONG CUBE

Create a song cube from a small recyclable box and construction paper. Label the box with various action songs for your child to roll and act out.

Head & Shoulders
Shake your Sillies Out
5 Little Monkeys
Hokey Pokey



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