

Music and Movement Activities for Preschool

Make Your Own Drums



1. Use Containers with Lids
2. Cover cans with balloons stretched over the top.

Make Your Own Shakers



- Add beans or rice to:
- plastic eggs
 - water bottle
 - paper towel tube
 - paper plates
 - tie bells on a stick

Pair any music with:
scarves
balloons
bean bags

Freeze Dance
Dance Like Animals

Make Your Own Guitar



- Add rubberbands to a:
- shoe box
 - embroidery hoop
 - plastic lids

Benefits:

- gross motor skills
- fine motor skills
- social skills
- language skills
- social-emotional skills