



Listen to Music Together

By Kathleen D. Ross

1. Take time. Relax. Listen together to all kinds of music. Snuggle while quietly listening.
2. Talk about the different types of music. *Is the music fast? Or slow? Is it quiet? Or loud?*
3. Try to match the rhythms of the music by clapping hands, tapping feet, or beating a pot with a wooden spoon.
4. Pretend to be different animals matching the mood of the music. *Why does the animal move the way it does to the music?*
5. Dance to the music with your child. When the music is fast, move fast. When the music is slow, move slowly. Discuss how you moved.
6. Talk about the words you hear in songs. *What words did you hear? Why do you think the words were chosen? What might be the meaning of the song?*
7. Make up words to classical or wordless, orchestral or jazz music.
8. Draw a picture depicting the meaning or mood of a song.
9. Discuss where music may have originated. *What do you know about that place?*
10. Discuss when music may have been created. Talk about that period-of-time.
11. Make up silly words for songs you hear.
12. Listen for rhyming words in children's songs. *What do you hear?*
13. Make your own kind of music with homemade instruments or actual instruments.
14. Make up songs while riding in the car. Take turns adding a line to the song.
15. Make up songs about special times in your lives. Sometimes this makes scary situations more tolerable, especially if you can find something positive.
16. Experiment playing different musical instruments.
17. Create musical instruments from objects around the house. Many different objects can be used to make rhythm.
18. Create your own band or a "Stomp" show. Record it to watch later and share with grandparents.
19. Be quiet and listen carefully for everyday sounds outside. Discuss what was heard. *Can you hear patterns? Can you hear rhythms?*
20. Make up a song while completing a task, like a clean-up song.

Enjoy sharing music together.

Music expands the brain and our very well being!

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