

# GET UP AND DANCE

*You may have experienced music's ability to boost your mood and help reduce stress, but it's also a fun way to connect with your child! Take a look below for some fun activities for you and your child to enjoy the benefits of music at any age.*

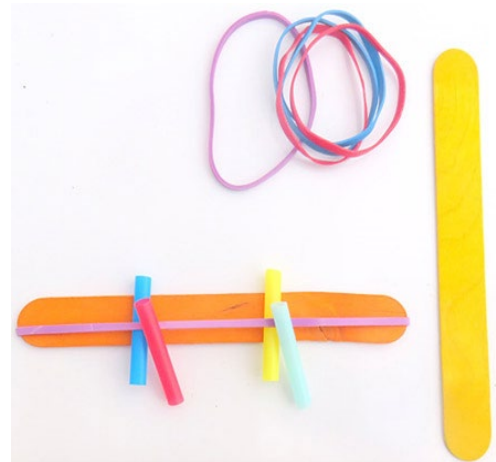
## Make a Stick Harmonica

### Materials:

2 large craft sticks, 1 wide rubber band, 2 smaller rubber bands, 1 plastic drinking straw, scissors

### Directions:

1. Using the scissors, cut the straw into 2 one-inch pieces and set aside.
2. Take the wide rubber band and stretch it length-wise around one of the jumbo craft sticks and place one of the straw pieces under the rubber band, close to the edge on one end.
3. Take the other craft stick and place it directly on top of the craft stick with the rubber band. Secure them together at the ends using the small rubber bands.
4. Finally, take the last piece of straw and place it in the harmonica between the sticks on the opposite end from the other, but this piece should be fit above the wide rubber band instead of below it.
5. Encourage your child to play the harmonica by blowing in the center of the harmonica! Explore different pitches by moving the straw pieces!



## WHAT WILL MY CHILD LEARN?

*Making musical instruments are easy and fun, and they teach children about sound waves and pitch. With the harmonica, your child can alter the pitch by sliding the straws without reassembling the harmonica. The vibrating rubber band makes all the noise, and the closer the straw pieces are to the center of the harmonica, the higher the pitch will be due to the shortened length of the band!*

*Your child will also be learning about multicultural music and dance which is important in diverse learning, movement, and body awareness. Dancing is also a way to develop self-regulation skills by learning how to control your body and emotions while doing an energetic and exciting activity.*

## Rhythm and Beats Challenge

Try listening and identifying the beat, rhythm and melody in a song. You can choose any song -- here is one example of a song with lots of different beats and rhythm: *Waka Waka Esto es Africa Cancion Oficial de la Copa Mundial de la FIFA*

**Melody:** in music is a group of notes of various pitches (how high or low a note sounds) which are played one after another.

**Beat:** is defined as a rhythmic movement, or is the speed at which a piece of music is played. An example of beat is the beating of a heart

**Rhythm:** is the actual sound or time value of the notes, which in a song would also be the same as the words

*Added challenge – can you and/or your child choreograph a dance to their favourite song?*