

# 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.*

## Xylophone Orchestra

### Materials:

Water, mason jars or glass cups, food colouring, plastic spoons or wooden spoon, measuring cups

### Directions:

Line up the mason jars or glass cups without touching each other. Ask your child to tap the empty jars or cups with a plastic or wooden spoon to create sounds without the water first. You and your child can pour a  $\frac{1}{4}$  cup of water in the first jar or cup and then will continue to increase by  $\frac{1}{4}$  cup in each jar (i.e. The second jar will be  $\frac{1}{2}$  cup and the third will be  $\frac{3}{4}$  of a cup). Add food colouring to create a colourful xylophone for your home orchestra!



Your child can begin tapping the jars or cups to create and listen to the different sounds each jar will produce! Play a song and dance around too!



## WHAT WILL MY CHILD LEARN?

*This activity will allow help your child to learn science concepts about sounds as more water in the jar produces a low pitch and less water in the jar produces a higher pitch. Children will also learn cause-and-effect as their actions (tapping the jars) produces a unique sound.*

*This activity will also promote language learning as you describe the actions your child is doing, the sounds you hear and the colours you see.*

## High and Low Sounds Around Your Home

An extension to this activity would include searching for household items that produce a variety of different pitches and sounds. This could include items such as a metal bowls, elastics wrapped around empty paper towel rolls, pots and pans or wooden spoons. By allowing your child to tap all of these household items, they can explore the different sounds they produce such as: high-pitched sounds or low-pitched sounds. They can place their hands on these items to feel the vibrations to better understand music and sounds.

*Fun Fact: "The sounds of Fred Flintstone's twinkling toes at the bowling alley aren't made by his toes...they're made by a xylophone!" <sup>1</sup>(Wave Music, LLC, 2007-2020).*