

Sing, Dance and Shine!

Let's
Play
School

activity instructions

Give Me a Beat!

Supplies: Optional Drum (Not Necessary)

Instructions: Sit down across from your child. Pat your hands on your knees making different rhythms. Have your child practice waiting and listening as you first do the rhythm. When it is their turn to copy you, you will say "Okay, now your turn." Then they will try to copy your rhythms.

Body ABC's

Supplies: Alphabet Flashcards

Instructions: Help your child make their body into the different letter shapes. If you have multiple children, they can connect to make the letters together. Make it more fun by taking pictures and showing them.

Family Dance Party

Supplies: Your family's favorite music

Instructions: After dinner, crank up the music for a family dance party! Your little ones will love that you are all having fun and being silly together.

Ballet Position Footprints

Supplies: Construction Paper, Washable Paint

Instructions: Create the 5 ballet positions using your child's feet dipped into paint and then pressed onto the paper. You can also do this by tracing their feet.

Acting Practice Charades

Supplies: Let's Play School Charades Cards Printable

Instructions: Play a fun game of charades with your child. This will be even more fun if the whole family plays!

Puppet Theater

Supplies: Puppets or Stuffed Animals

Instructions: Turn a table, shelf or couch into a puppet theater. Take turns having puppet shows. Create a puppet show for your children to watch and then have them create one of their own for you.

Freeze Dance

Supplies: Music

Instructions: Play songs with all different tempos (fast/slow). Stop the music randomly and have your child freeze each time.

Shake, Shake, Shake

Supplies: Plastic Wrap, Rubberbands, Rice, Toilet Paper Roll, Paint

Instructions: Have your child paint and decorate their toilet paper roll. Once dried, cover one end with plastic wrap and a rubber band to hold it on. Fill with some rice and cover the other end for a fun music shaker!

Musical Alphabet

Supplies: Alphabet Flashcards, Music

Instructions: Place the alphabet flashcards in a circle on the floor. Play the music and have your child dance around the circle. When you stop the music, they must jump to a flashcard and call out the letter. If they know the letter, the letter goes away. If they do not know the letter, you remind them and it stays for another round.

DIY Microphone

Supplies: Styrofoam Ball, PVC Pipe (small) or Toilet Paper Roll, Hot Glue, Black and Silver Paint

Instructions: Have your child help you to make their own microphone. When it is done they can perform a show!

Put on a Show

Supplies: Dress Up Clothes, Plastic Table Cloth, Music, Play Microphone

Instructions: Hang a plastic table cloth as a backdrop and create a stage for your little one to perform! Play some music, set up the kitchen chairs in front like an audience and create a show.

DIY Ballet Barre

Supplies: PVC Pipes

Instructions: Using PVC Pipes you can create your very own ballet barre. Then you can watch YouTube videos of beginning ballet and ballet classes for your child to play along with. Play some classical music and have a ballet class together.

DIY Ribbon

Supplies: Wooden Ring, Ribbon, Hot Glue

Instructions: Tie ribbon around a wooden ring and give it to your child to dance and play with.

Mirror Dance

Supplies: None

Instructions: Take turns being the mover and the mirror. Stand facing one another. The mover will move their body slowly while the mirror will copy to give the appearance of being in a mirror.

Song Sticks

Supplies: Popsicle Sticks, Favorite Children's Music

Instructions: Write the names of your favorite children's songs on popsicle sticks. Have your child pull them out of a cup one at a time and then sing that song. This is a great opportunity to teach your child classic nursery rhymes as well.