Music and Rhythm

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Clap to a beat	2 Sing your favorite song	3 Tap slow and fast
4 Make a shaker	5 Dance for one minute	6 Count four claps
7 Hum a melody	8 Name a loud sound	9 Name a soft sound
10 Copy a simple rhythm	11 Clap your name	12 Stomp to the beat
13 Make music with spoons	14 Sing the ABC song	15 Listen to bird sounds
16 Tap a steady beat	17 Try high and low notes	18 Play musical statues
19 Draw a musical note	20 March to music	21 Create a two-beat pattern
22 Sing a counting song	23 Shake to a rhythm	24 Find a quiet sound
25 Sing with a grown-up	26 Make a drum from a box	27 Move to slow music
28 Make a happy sound	29 Lead a family rhythm	30 Perform a mini concert

Tick each card as you finish it. Adapt any task to the child's needs.