

Activities for Infants/Toddlers at Home

Issue #3

ASCY | Affiliated Services
for Children & Youth

SONG ACTIVITIES

Importance of singing with children

Music ignites all areas of child development right from birth; intellectual, social-emotional, motor, language, and overall literacy. It helps the body and the mind work together.

Dancing to music helps children build motor skills while allowing them to practice self-expression.

This is because music has the ability to strengthen the connection between the body and brain to work together as a team. For instance, when dancing and moving to music, children develop better motor skills whereas singing along to a song helps them to practice their singing voice and adds to their vocabulary.

Music is a mood lifter

A lot of parents tuck their children in with a lullaby or calm them down with a song. Just as music can soothe a child, it can also lift their spirit.

Raffi – Baby Beluga Lyrics

<https://www.youtube.com/watch?v=CDx9zqDpSik>

Raffi – Shake My Sillies Out Lyrics

<https://www.youtube.com/watch?v=QkT2Z5rmms0>

Raffi – Bumping Up And Down Lyrics

https://www.youtube.com/watch?v=yIh1J_eTbCQ

If You're Happy and You Know It - Traditional

If you're happy and you know it, clap your hands.
If you're happy and you know it, clap your hands.
If you're happy and you know it, then your face will surely show it.
If you're happy and you know it, clap your hands.

Repeat with: Happy, stomp your feet; Happy, shout hooray; Happy, do all three. Sad, cry a tear. Mad, say I'm mad. Surprised, raise your hands. (Use actions to fit the verse)

Music can improve literacy and numeracy

From an early age, babies can hear the difference between different types of sounds. After just a few weeks, a baby is able to identify their mother's voice from other people. Exposure to music enhances a child's natural ability to decode sounds and words.

By singing to your child, you can help them to identify sound patterns and learn through repetition. In addition to that, music also helps children anticipate what is coming next in a poem or a song and they know how to put these patterns in a sequence. By mastering these skills, children build the base of literacy and numeracy.

Raffi – Wheels On The Bus Lyrics

<https://www.youtube.com/watch?v=jA1toG7Tap8>

Hokey Pokey - Traditional

You put your right foot in,
You put your right foot out,
You put your right foot in,
And you shake it all about.
You do the Hokey Pokey,
And you turn yourself around,
That's what it's all about.
Repeat with: left foot, right arm, left arm, whole self



Music helps children build coordination

Even if your child doesn't understand the lyrics of a song yet, they can definitely move to the rhythm of the music. You may have already noticed your child dancing to certain songs or liking certain pieces of music more than others.

Music encourages children's inclination to move, developing their fine motor skills and gross motor skills. Plus, if the rhythm is very entertaining, you may even notice your child starting to jump up and down, which helps with their muscle development, strength and balance.

Here are some classics that you can sing together and move!

Row, Row, Row Your Boat

Row, row, row your boat
Gently down the stream.
Merrily, merrily, merrily, merrily
Life is but a dream.

More Versions:

Row, row, row your boat
Gently down the stream.
If you see a crocodile
Don't forget to scream! (Scream)

Rock, rock, rock your boat
Gently to and fro.
Look out, give a shout!
Into the water you go! (Pretend to make a big splash)

Row, row, row your boat
Gently down the shore.
But if you see a lion
Don't forget to roar! (Roar)

Row, row, row your boat
Gently down the lake.
But if you see a little snake
Don't forget to shake! (Shake body)

Teddy Bear

Teddy Bear, teddy bear, turn around. (Turn around)
Teddy Bear, teddy bear, touch the ground. (Touch the ground)
Teddy Bear, teddy bear, how do you do? (Shake hands with a neighbour)
Teddy Bear, teddy bear, I love you. (Hug child)
Teddy Bear, teddy bear, go upstairs (Walk in place)
Teddy Bear, teddy bear, say your prayers (Fold hands)
Teddy Bear, teddy bear, turn out the light.
Teddy Bear, teddy bear, say good night! (Palms together under cheek, eyes closed)

Three Little Monkeys

Three little monkeys jumping on the bed.
One fell off and bumped her/his head
Mama called the doctor
And the doctor said...
"No more monkeys jumping on the bed".

Two little monkeys jumping on the bed.
One fell off and bumped her/his head
Mama called the doctor
And the doctor said...
"No more monkeys jumping on the bed".

One little monkey jumping on the bed.
She/he fell off and bumped her/his head
Mama called the doctor
And the doctor said...
"No more monkeys jumping on the bed".

No little monkeys jumping on the bed.
None fell off and bumped their heads
Mama called the doctor
And the doctor said...
"Put those monkeys straight to bed".