

## Body Percussion

### What to do:

What is body percussion? It's when you use your body to make rhythmical noises instead of drums or other percussion instruments. This can include clapping, striking your hand against different parts of your body, or stamping your feet. Sometimes it is combined with vocal sounds but not words. Lots of folk dances that come from all over the world use body percussion in different ways.

Check out this amazing video on YouTube for an example:

[Tarabé Percusión Corporal /Body Percussion](#)

### Materials:

Parent and Child



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### Why is this activity important?

Making music, especially if it includes tapping, clapping, bouncing and dancing can help enhance fine and large motor skills! Simple songs along with back-and-forth play can help build brain and body coordination, too! All of these activities help build important connections across many regions of the developing childhood brain during this essential time of development.