

Acting It Out: Moving, Rolling, and Crawling

Instructions:

With Babies:

1. Lay your baby on a blanket on the floor or on a bed so she/he is facing you.
2. Gently move their legs, arms, and body as you sing. Try a song about body parts. For example you can sing the following song: "Bicycle, bicycle, fun to ride a bicycle that is how we play. Gentle hugs, gentle hugs, gentle hugs. Foot to hand and hand to the foot. Up and down, and up and down. And rolling all around.
3. When you say the last line, gently roll your baby onto her tummy.
4. Sing and play until your baby shows you she is done.

With Young Children:

1. Unfold a blanket on the floor. Tell your child that the blanket is going to be a stage for pretending.
2. Choose a song or nursery rhyme to act out. For example you can sing, "There were ten in the bed and the little one said, 'Roll over, Roll over.'" Repeat the count down and roll until you have rolled off of the blanket.
3. Sing together and act out the nursery Rhyme.
4. Sing or read until your children decide that pretending and play is over.

Materials:

- A blanket
- Basket of books 3 or 4 age-appropriate books including one wordless book



What they learn:

When your children listen to music and move, roll, or feel objects around them, they are using more than one sense at a time. The activity enhances their perceptual motor skills as your children's natural response to music is to move. Early in life, your baby is aware of music beats, and she will respond to them as soon as she can control her/his muscles with purpose. Your older child will enjoy dancing or doing other actions to a song. Your older child is pretending, which helps her keep images in her mind. The language center in her brain is active and stimulated.

Designing /Guiding: You are modeling behavior for your children.