

# FEBRUARY

**THEME:** Music & Movement **FOCUS:** Children will work on their gross motor and listening skills.

## ALPHABET KNOWLEDGE

L & M

Create letter mats by writing the letter L and M on a piece of paper. On top of the mat, form the letters using playdough or trace the letters with your finger.

## LET'S GET PHYSICAL!

Play Simon Says using dance moves.

## SONG OF THE MONTH

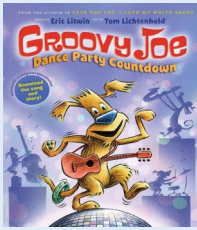

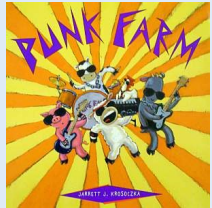
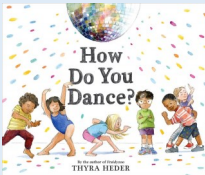
The Hokey Pokey

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

Additional verses: left hand, right foot, left foot, head in, your whole self in

## VOCABULARY WORDS

Rhythm  
 Dance  
 Sing  
 Instrument  
 Music  
 Spin  
 Leap  
 Drum

<p><b>BOOK LIST</b></p>	 <p>By: Eric Litwin</p>	 <p>By: Connie Schofield-Morrison</p>	 <p>By: Jarrett J. Krosoczka</p>	 <p>By: Thyra Heder</p>
<p><b>DISCUSSION TOPICS</b></p>	<p>Talk about the ways we create music such as, instruments, voices and physical movement.</p>	<p>Discuss how music makes you feel.</p>	<p>Talk about the different types of musical instruments.</p>	<p>Talk about different forms of dance.</p>
<p><b>CREATIVE ART IDEAS</b></p>	<p><b>MUSIC SHAKERS:</b>              Decorate an empty water bottle and fill it with beads, un-popped corn, jingle bells, buttons, dry beans, or rice.</p>	<p><b>DANCE FOOT ART:</b>              Lay out a large piece of paper or recycled box and put paint into a shallow container, such as a frisbee. Dip your feet in the paint, step on the paper, turn on music and dance to beat.</p>	<p><b>KAZOO:</b>              Decorate the outside of a toilet paper roll or paper towel roll. Cover one end with wax paper and secure with a rubber band. Poke a hole in the tube near the closed end and make music in the open end.</p>	<p><b>RAINBOW WAND:</b>              Cut multiple 2 foot lengths of different color ribbon and attach them to the end of a stick or a crafting ring.</p>

## ENHANCED LEARNING

### LEARN THROUGH PLAY

- Fill glasses with different amounts of water and tap on them with spoons and wooden sticks to make music.
- Play freeze dance! Dance when the music is playing and freeze when it stops.
- Set out pots and pans and play music on them with wooden spoons.
  - Have a dance party!

### MATH AND SCIENCE

- Make a rhythm pattern by drumming, ex. Quiet tap, loud tap, quiet tap, loud tap.
- Look around your home and identify the different shapes you see.
- Chart instruments by their different characteristics (strings, percussion, wind, etc.)

## BULLETIN BOARD

- Wind down with a bedtime story at Pajama Storytime, once a month! Contact us for the Zoom link.
- Parenting isn't easy, but it's easier with support. Contact us to sign up for a virtual parenting workshop starting in March.

