

Things to Do While You're Waiting: Music and Movement

*Keep children engaged
when you have
to wait*

Move to the beat

Tap, clap,
shimmy, or
sway in time
to music in the car or
while waiting in line.
Pretend to play band
instruments, such as an "air
guitar."

Listen

Investigate sounds together! Talk about
musical concepts such as loud or soft and
high or low pitches.

Sing along

Take turns choosing songs to sing together or
make up songs about what you are doing.

Create sounds

Make sound effects with voices, fingers, and objects. Imitate animal
noises or machinery sounds.



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