

The New York Public Library

A Day of Play

Music Shakers

PLAY provides an opportunity to explore and for back and forth interactions between you and your little one. A good way to stay active and get the wiggles out is with music and dancing!

MATERIALS:

- Toilet paper rolls, construction paper, yogurt cup, empty water bottle
- Duct tape
- Noisy item like beads, rice, pasta, beans etc.

HOW TO PLAY:

Take an empty container or rolled up paper and put any noise making item inside.

You can use duct tape, or paper to tape the container closed. Make sure the container is safely taped shut before giving it to your child.

Now it's time to sing and dance with your shaker!

Safety tip: Double check that your shaker hasn't opened each time you give it to your child. Make sure to always supervise when playing!

LET'S TALK ABOUT IT:

- Let your child grasp the shaper and explore how it shakes.
- Practice shaking fast and slow, high and low, soft and loud.
- Put on your favorite music or sing a song and shake along to the beat.
- Come up with you own rhythm - Shake 2 times fast then 2 times slow and repeat the pattern.

