

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



## Making Music

**Making music is an important way for children to self regulate and to communicate ideas and emotions.**

### Did you know?

Children benefit from opportunities to make their own music and free play time to explore and master musical noise making. Participating in musical activities is important for creativity and imagination and inspires a sense of wonder.

### Add language

Children delight in creating music alone and with you. When they engage you in their music making, make comments and ask occasional questions that keep the interaction going. Try modeling or making comments on music that matches emotions or ideas e.g. "That's sounds big and loud like a big, angry bear is coming", "Oh that sounds like fairies dancing", "That music sounds happy", "That music sound slow and sad".

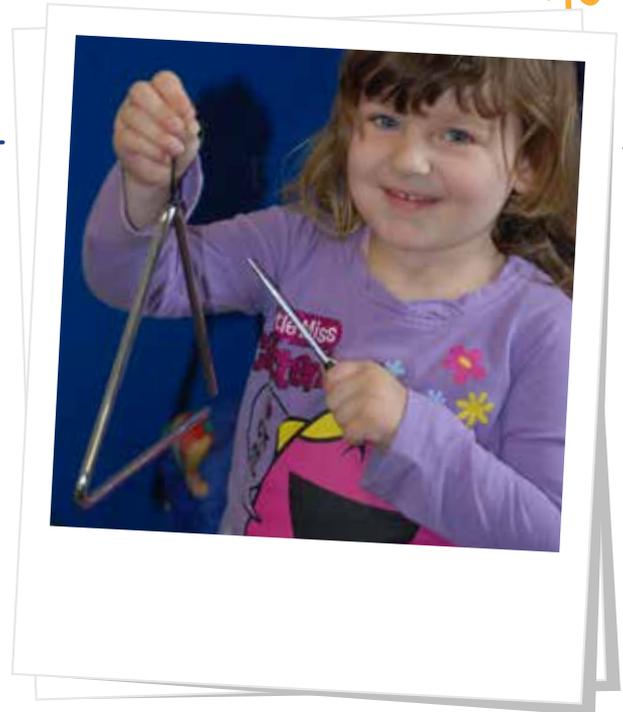
### Other development

Using musical instruments helps develop eye-hand coordination and motor planning skills.

Songs and music can help teach concepts and contrasts e.g. fast/slow, stop/go, up/down, in/out, loud/soft, high/low, left/right.

### Variations

Creating musical instruments from household items and

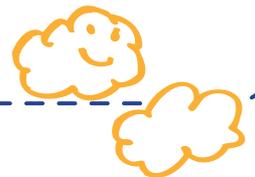


recycled materials develops creativity, problem solving and can stimulate imagination. The process of them creating is more important than what the finished product looks like.

Try creating a "sound garden" outside by hanging different wooden, metal or plastic items from a tree or fence and having objects to use for strikers. For example, wooden or metal spoons, cardboard tubes, and lengths of doweling provide endless opportunities for children to explore and experiment with sounds made by different materials.

### Safety

Be sure there is no chance of hanging or choking hazards in setting up your "sound garden".



- Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at [www.playgroupwa.com.au/playideas](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)