



Play recipe

Musical instruments and sound

Simply take ...

- Household objects, including saucepans, containers, plastic bottles and yoghurt pots and use them to make drums
- Kitchen utensils such as wooden spoons can be great drumsticks!
- Fill plastic pots or bottles with dried foods such as rice and pasta to make shakers
- Half fill a plastic bottle with water and add glitter
- Look out for items such as the plastic insides from boxes of chocolate that will make a scrunching noise when squashed

1. Talk about the different noises the instruments or objects make - are they loud or quiet, do they bang or rattle?
2. Talk about different songs to sing, or how different sounds could represent parts of a story (e.g. a shaker could sound like a river, a drum could sound like footsteps)
3. Let your child try to describe what sounds the instruments make
4. Hide one of the objects, then make the sound with it and let your child guess the sound
5. When you go for a walk, point out the sounds to your child and show where they are coming from

Why play with instruments and listen to sounds?

- It helps them to listen carefully
- Musical play helps encourage lots of areas of children's development
- Babies and toddlers love repetition - they can make the same sounds again and again
- Knowing rhymes and having a sense of rhythm helps them with learning to read when they are older
- Listening to and making music helps children's concentration and communication

Have fun playing with musical instruments and listening to sounds together

- Make your own band, playing instruments and singing songs together
- See who can make the loudest or quietest noise
- Use instruments to practice taking turns and sharing

Watch out for ...

- Always keep a careful eye on your child.
- Create a safe place for your child to play (check regularly for broken toys and sharp edges)
- Watch out for small objects that can be swallowed.