

# Shake and Sing

Age: Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical, Language and Literacy

## What You Need:



- Noisemakers like buttons, pennies, uncooked rice, or dried beans
- A small paper bag, film containers, or plastic juice bottle with cover
- Tape

## What To Do:

1. Put a few noisemakers into a recycled plastic bottle. Screw the cap on tightly and secure with tape.
2. Let your child shake the plastic bottle and ask him whether he hears the sounds it makes.
3. Sing and act out this song to the tune of "Mary Had a Little Lamb":

*Shaker, shaker, up, up, up* (shake the bottle above the head.)

*Down, down, down.* (Shake the bottle at knee-level.)

*Up, up, up.* (Shake it above the head.)



*Shaker, shaker all around.* (Shake it back and forth.)

*All around the town.* (Turn around in a circle.)

Safety Alert: Toddlers love to put things in their mouths or noses. Stay with your toddler while he is doing this activity. Remind him not to put small objects into his mouth. This could cause choking. If he is still putting things into this mouth, you can substitute larger objects as noisemakers in your shaker.

