

# Body Instruments

Age: Explorer (8 - 18 months), Infants (0-8 months)

This activity helps your child's development in this domain: Physical

## What You Need:

None



## What To Do:

1. Show your infant that some of his body parts can be instruments—arms, hands, and feet. Demonstrate possible ways of producing sounds with his body: clapping hands and thighs with both hands; knocking on a table or on the floor with his fists; or kicking a mobile with his feet.
2. Interact with your child by sitting in front of him. Begin to clap your hands and say "Clap, clap, clap your hands." Create your own rhythm or rhyme following his lead. Ask him to "Kick, kick, kick now, move your feet, kick...kick...kick." As the both of you create sounds with your body instruments, vary it by saying, "Noisy claps or quiet claps."

\*Variation: Create your own song and repeat it so he hears it over and over again. As you sing to your child, hold him in your arms and dance or sway.

