

## Songs to make you jiggle

Say this rhyme and join in with the actions:

I can hear my hands go clap, clap, clap.  
And I can hear my feet go stamp, stamp, stamp.  
And I can hear my legs go slap, slap, slap.  
But I can't hear my eyes go blink, blink, blink.  
I can hear my knees go knock, knock, knock.  
And I can hear my tongue go cluck, cluck, cluck.  
I can hear my fingers go snap, snap, snap.  
But I can't hear my head go nod, nod, nod.

From this you can just do the actions in a set of and your child copies ie: **Stomp, Stomp, Clap, Clap** then they repeat it. You can swap the actions around.

Songs you can sing:

- ⇒ Head shoulders knees and toes
- ⇒ If your happy and you know it
- ⇒ One finger one thumb



## Noisy Neighbour

Tell your child a story about a noisy neighbour and encourage them to join in.

'Early one morning, the children were all fast asleep (ask child to pretend to be asleep) - when all of a sudden they heard a sound from the house next door'. At this point make a noise from behind a cushion. You continue 'wake up, wake up. What's that noise? Your child guesses what it could be. Then says noisy neighbour please be quiet we are trying to sleep. Repeat the story using different sounds e.g. shaking a box of cornflakes, saucepan and wooden spoon, pasta bag, jigsaw in a box, their favourite noisy toy etc.

⇒ Items from around your house and a cushion or pillow



## Body Percussion

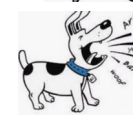
## Early Phonics Ideas

## Noisy Noisy

Listen to noises around the home. Discuss with your little one which ones they like or dislike e.g the alarm in the morning.

Can they tell you how the noise makes them feel?

Can they show you the feeling on their face?



## Following the leader

Sing the song 'Following the leader, the leader, the leader, following the leader wherever she/he may go.' (<https://www.youtube.com/watch?v=5xmNaZqxNpI> for the tune) As you sing the song the person at the front decides on the movement and the rest of you follow the actions. This could be:

Skipping, marching, hopping, running, tip toeing, jumping, crawling, sliding, slithering.

You can vary the movement by making it fast then faster or slow, then slower.



## Loud or Quiet

Give your child different scenarios and ask is this a time to be noisy or quiet?

You could use: the swimming pool, the library, the park, at a party, playing hide and seek, in the soft play, when someone is asleep.



## Body Percussion Rainstorm ideas

<https://www.twinkl.co.uk/resource/t-par-93-body-percussion-rainstorm-activity>