



ACTION SONGS

Suitable for 16 - 36 months



What you will need:

- CD player (Optional)
- Nursery songs CD (Optional)

What you do:

1. Singing songs is a great way to encourage your child to learn simple actions and move to music. Find some time with your child where you can enjoy a 'music session' at home.
2. Start with simple hand based songs such as Twinkle, Twinkle Little Star and then move onto whole body action songs such as Row-Row Your Boat and Heads, Shoulders, Knees and Toes.
3. If your child is slightly older encourage them to take the lead with singing and demonstrating the actions, offering support where needed.

This activity offers opportunity to support your child's development within different areas such as personal, social and emotional, communication and language and physical development. This encourages your child to play cooperatively with a familiar adult, while having to pay close attentions to the actions you are doing in order to copy them. Additionally, your child will start to listen to the words within the nursery songs in order to learn the required actions. Proving your child with time to sing and move to nursery songs is a great way to develop their fine and gross motor skills.