



# Physical: Making Music

## Ages 1 year to 2 years

**Objective:** The child will be able to hear a noise and respond with physical movements.

### Materials needed:

Empty water bottles with rice or beans inside  
Colorful fall glitter

### Procedures:

1. Turn on some soft kid music in the background to set the tone.
2. Before hand, put the rice and beans inside an empty water bottle, sprinkle in some glitter. Close tightly.
3. Start using the noise makers to your child and see how he or she responds.
4. Turn off the background music.
5. Rattle the noise makers in front of your child, to the side, and up and down. Watch to see if they follow the noise with their head/eyes. Hand them the noise bottles and let them try.



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6. Shake them fast and slow. Loud and quiet. See how your child responds or if they try to do it with you.
7. Use different kinds of noise makers for extra fun, such as rattles, pots and pans with wooden spoons, or bells.

### **Milestones to meet:**

The child responds to noises and sounds. The child is able to grab, hold, and shake a bottle to make noises.

### **Evaluation:**

Did this lesson work for your child? Why or why not?