



## Shaking All Around!

**Shake It Out:** Play “Gonna Shake Out My Hands” and join your child in following the song’s suggestions to shake your hands, feet, head, tummy, and elbows high and low. This is a perfect song for getting the wiggles out on a rainy day. It’s great for play dates, too.

**Make Your Own Shakers:** Make some homemade musical shakers by collecting a couple of empty plastic water bottles. Be sure to dry them out completely, and then partially fill them with beans, colorful beads, or small buttons. (For safety reasons, glue on the caps securely so the bottles can’t be opened later.) Play the song again, this time dancing and shaking with your new instruments. Show your child how to use her shaker to tap the various body parts named in the song.

**As If Having Fun Isn’t Enough:** As your child isolates a body part to shake as directed in this song, she’s learning to control her own body. Body awareness and self-control contribute to her growing self-confidence. Making her own shaker encourages creativity—and playing with her new instrument helps her develop a sense of rhythm as she matches her movements to the music she hears.

Contributed by Sandy Yagel \*Little Hands Presents Kindermusik\*  
Washington, DC area \* [www.littlehands.com](http://www.littlehands.com)



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