



Sing Me a Sandwich!

Dig ‘em, Crack ‘em, Stir ‘em: After listening to “Peanut Butter and Jelly” (and acting out the narrative—it’s nearly impossible to sit still while listening to this one!), ask your child if he can remember the sequence of movements in the lyrics you’ve just heard. Play the song again and see how many you got right.

Hint: Did you remember to: *dig ‘em, crack ‘em, squish ‘em, stir ‘em*, and then to *spread it, chew it, and eat it?*

M-m-m, peanut butter: Take the activity into the kitchen and make your own peanut butter! The Internet has easy recipes—basically you just put roasted peanuts, salt, oil, and a little honey in a food processor, and process for a couple of minutes. Allergic to peanuts? Try almond butter or cashew butter for a different tasty treat. (And then sing the song substituting your own nutty words!)

As If Having Fun Isn’t Enough: The name of this game is sequencing. Whether your child is telling a story, comprehending a reading selection, remembering the steps in a math problem, or carrying out plays on the soccer field, it all comes down to following a sequence of steps in order. Being able to break down a task into steps is also important in learning self-management. Mastering sequencing reduces frustration and increases success in all aspects of life. This song encourages children to build sequencing skills by singing, dancing, and acting—what could be easier?

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Kindermusik®



The Peanut Butter Jam



Move to the Music: Play “Peanut Butter and Jelly” and dance with your baby or toddler, following the movement suggestions below. Feel free to improvise!

Refrain

*Peanut, peanut butter
(And jelly)*

M-m-m, peanut butter

*You dig ‘em
You crack ‘em*

Repeat refrain

*You squish ‘em
You stir ‘em*

Motion

Shake your hips!
Dip your baby (older children can squat down and tap their knees)
Shimmy to the beat

Dance with your baby or child
Tap baby’s feet together (older children can play patty cake on the word “crack”)

Repeat refrain, and then sit down!

You spread it

You chew it, you eat it

*Peanut, peanut butter
(And jelly)*

Pretend to spread peanut butter on your child (or on a make-believe sandwich)
Kiss and nibble your baby (older children can pretend to eat you or a make-believe sandwich)
Do a sit-down dance
Tickle your baby or child

Now get up and dance!

As If Having Fun Isn’t Enough: Your baby’s vestibular system will go for a ride as you dip, swing, and twirl your way through this lively dance, improving your child’s burgeoning sense of balance. The pretend play involved in listening and responding to the music will nurture your older child’s creativity and self-expression skills.

https://www.kindermusik.com/Teach/TL_Leads/Leads.aspx?LI=N

