



## Cooking Up a Parade!

**Time for a Parade:** The lively music of “Bill Bailey” begs for a parade around the house. Take turns being leader with your child as you march through rooms, up and down stairs, in and out of doorways. Be sure to do everything the leader does as he claps, taps, and turns his way along the parade route.

**Add Some Instruments:** Collect some safe everyday items from the kitchen to make parade instruments. Plastic containers make terrific drums. Plastic cups banging together can keep a great rhythm. Wooden spoons and clanging silverware make fun sounds—or try using a bottle brush on a metal bowl or pan. Encourage your child to be creative as he chooses his instruments!

**The More the Merrier:** This is a good activity for parties and play dates. Let the children take turns being leader, and if the weather allows, take your band “on the road” for an outdoor parade around the neighborhood.

**As If Having Fun Isn’t Enough:** Marching is a great exercise and helps your child develop large muscle coordination. Whether marching or banging, this activity can help your child experience the underlying pulse—or steady beat—of the music. Leading the parade nurtures his creative self-expression, and following the leader encourages him to observe closely and play well with others.

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