

the arts

Support your child in the area of the arts!

The arts involve:

- Trying different art activities, such as dancing, singing, acting, painting and drawing.
- Asking questions about and looking for new ways to dance, make music, or act and create art.
- Using different materials, such as puppets, costumes, instruments, paint, glue, scissors and crayons.
- Showing an interest in other children's art activities.

When your child starts school, she will be more likely to do well if she is able to do these things.

You can help your child develop skills in the arts by doing the activities listed on the back of this card.

the arts

Activity Name	Age	Purpose	Things You Will Need
Marching Band	3-4	To let your child explore and create music using different instruments.	<ul style="list-style-type: none"> ■ Musical instruments (a tambourine, cymbals, maracas, castanet, drum and drumsticks)
Scarf Dancing	3-4	To allow your child to explore movement and dance.	<ul style="list-style-type: none"> ■ Scarves
Collage Art	3-4	To let your child express himself through many different art materials.	<ul style="list-style-type: none"> ■ Art Materials (markers, glitter, tissue paper, feathers, yarn, crayons, cotton balls, and tin foil) ■ Paper ■ Glue
The Mitten	3-4	To help your child try the art of acting.	<ul style="list-style-type: none"> ■ The book: <i>The Mitten</i> by Jan Brett ■ A mitten ■ Pictures of the animals from the book
Making Music	0-2	To help your child explore music and the sounds that different instruments make.	<ul style="list-style-type: none"> ■ Musical Instruments (a tambourine, cymbals, maracas, castanet, drum and drumsticks)

The School Readiness Activity Box Series, developed by Ready At Five, will help you build your child's skills in the seven Domains of Learning:

- Social & emotional development
- Physical development
- Language & literacy
- Mathematical thinking
- Scientific thinking
- Social studies
- The arts

To get activities in each of the above areas, visit www.readyatfive.org.



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the arts

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Let your child explore and create music using different instruments!

For preschoolers (3- and 4-year-olds)

marching band

you will need

- Musical instruments (a tambourine, cymbals, maracas, a castanet, a drum and drumsticks)

Instructions

1. Place the different musical instruments in front of your child.
2. One by one show your child how to make sound with each instrument. Show your child how it can be played quietly or loudly and slowly or fast. As you make the sounds, name the instrument for your child.
3. Now, let your child explore the sounds that each instrument can make.
4. After he has played with each one, ask,
 - Which instruments do you like best?
 - Which instrument makes your favorite sound?
5. Ask your child to play a favorite song on one of the instruments. Sing the song together and play the instrument to the tune of the song. As your child is playing, clap your hands to the beat.
6. Let him march around the house making music.

marching **band**

Other Activities to Try

- Make your own instruments. For example, make a drum from an empty oatmeal container! Make a kazoo by placing wax paper on the end of a toilet paper tube. Or, make a rain stick by placing rice in a paper towel tube and covering each end with duct tape.
- Have your child make up (compose) his own songs. Let him put on a concert for you.
- When you listen to music, help your child clap, snap or tap to the beat of the music.
- Have your child create music to go with his moods. You might say, "Can you play me a silly song?"

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You can help your child develop skills in the arts by doing this activity.

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Allow your child to explore movement and dance!

For preschoolers (3- and 4-year-olds)

scarf dancing

you will need

- Scarves

Instructions

1. Show your child the scarves. Let her feel each one, and say,
 - What does it feel like?
 - What does it make you think of?
 - Which one is your favorite?
2. Show your child how you can twirl and move the scarf above your head or next to you. Explain that when you move the scarf in this way you are doing a “scarf dance.” Ask your child if she would like to do a scarf dance.
3. Encourage her to move her scarf in lots of different ways. Ask her if she can move it slowly, quickly, or in circles.
4. As she is dancing with the scarf, talk about what you see her doing. You might say, “Look, you twirled the scarf over your head and in a circle. I like that. Can you do it again?”
5. After she has spent time moving with the scarf, ask her what was her favorite part of the dance. Encourage her to think about what movements she thought looked nice.
Continued on back...

scarf dancing

State:

- What did you like best about the scarf dance?
- Why?

6. Ask your child if she would like to dance with two scarves. Encourage your child to dance with one scarf in each hand. Ask her to sing a song while she dances.

Other Activities to Try

- Play your child's favorite music and ask your child to make up a scarf dance to go with the song.
- Dance with your child to different kinds of music, such as classical, jazz, pop and country.
- Have your child dance-out different feelings, such as silly, angry, lonely or happy. You might say, "Can you make up a dance that shows me you are feeling happy? What about one that shows me you are feeling lonely?"
- Have your child do animal dances. First, help your child choose an animal. Then, talk about how that animal moves. For example if your child chooses a bunny, talk about how bunnies hop and ask your child to create a bunny dance that has hopping in it.

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Let your child express himself through many different art materials!

For preschoolers (3- and 4-year-olds)

collage **art**

you will need

- Art materials (markers, glitter, tissue paper, feathers, yarn, crayons, cotton balls, and tin foil)
- Paper
- Glue

Instructions

1. Tell your child that he is an artist and you would like him to make a “collage” for you. Explain that a collage is a picture that uses lots of different art materials, depending on what the artist chooses. The artist glues the different art materials to the paper.
2. Show him the different art materials and talk about each of them. For example, you might say, “Look at this shiny tin foil, see it is smooth now, but look what happens when I crumple it up.”
3. Now, give your child a blank piece of paper. Tell your child to make a picture by gluing any of the materials onto the piece of paper.
4. As your child is working, watch what he does, and talk to him about it. For example, you might say, “You thought very carefully about where to put the feathers.” Or, “I like the way you used the glitter and the tin foil. It feels bumpy.” By doing this, you are helping your child to be thoughtful about his work, and encouraging him to think about what he is doing.

Continued on back...

collage **art**

5. When your child is done with his picture, ask him what he would like to name his piece of art. Ask him how he chose that name.
6. Ask your child if he would like you to write the name on the artwork. If he says yes, ask him where he would like you to write it.

Other Activities to Try

- Let your child use art materials found in your home to make a collage. You may want to let your child use bottle caps, rice, macaroni, empty toilet paper rolls and old magazines.
- Point out different types of art in your child's world. Art can be found at the art museum, on the pages of your child's books, on signs and labels at the grocery or video stores, and in ads and maps at the bus stop.

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Help your child try the art of acting!

For preschoolers (3- and 4-year-olds)

the mitten

you will need

- The book: *The Mitten* by Jan Brett
- A mitten
- Pictures of animals from the book

Instructions

1. Show your child the book, *The Mitten*.
2. Read your child the story. As you are reading, talk with your child about the pictures in the book.
3. Once you have finished reading the book, ask her:
 - Did you like the story?
 - What was your favorite part?
4. Show your child the animal pictures and the mitten. Ask your child if she remembers them from the story.
5. Next, ask your child to use the animals and the mitten to act out the story. If your child has trouble, suggest that she use the book as a guide.

the mitten

Other Activities to Try

- Have your child act out *The Mitten*, using a sleeping bag (as the mitten) and herself as the animals.
- Read stories with your child and then act out the stories.
- Let your child pretend play with puppets, dolls or stuffed animals. Encourage your child to use these to tell you about her day, a favorite thing, or something that might happen in the future.

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Help your child explore music and the sounds that different instruments make!

For infants & toddlers (under age 2)

making music

you will need

- Musical instruments (a tambourine, cymbals, maracas, a castanet, a drum, and drumsticks)

Instructions

1. Hold your child on your lap and place the instruments in front of you.
2. Pick up each instrument and show your child the sound that each one makes.
3. Let your baby enjoy making sounds with the instruments.

Other Activities to Try

- Play different kinds of music, such as classical, jazz, pop and country, for your child.
- When you listen to music, help your child dance or clap to the beat of the music.
- Sing to your child! As your child gets older, have him sing the words with you!
- Expose your child to other forms of art. Let your child use crayons and paper to draw a picture! Let your child use whipped cream or pudding to paint a picture!

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