



## Moving to music

This activity is designed for babies and children to learn new words and actions.



### You will need

A group of parents, babies and children of any age!  
Space to move around.

### Start with a wow fact

**“The number of words your baby knows is linked to the number of words you’ve spoken to them since they were born.”**

### Remember

When babies and children are having fun it is a great time for learning.  
So remember, you only have to play this for as long as the children are enjoying it.



### How to play

Sing or speak these nursery rhymes while doing the actions.  
The movements will help babies and children to learn what different words mean, so it’s important that they can see their parents.

#### Grand Old Duke of York

- Parents hold babies, and children who can walk, stand up.
- March around the room to the song.
- Raise and lower your baby along to the words of the rhyme.



#### Humpty Dumpty

- Sit babies and children on their parent’s knee.
- When Humpty Dumpty has a great fall, lower babies and children carefully to the floor.
- Older children can stand and gently drop to the floor.

#### Row your boat

- Sit in a circle, with babies and children facing their parents.
- Sway back and forwards and ‘row’ along with the rhyme.
- You can play this in groups, just line children up with babies on parent’s knees.



## How does this help?

Music and movement helps babies and children to:

- Learn words by using their senses
- Link words and actions together



### It's fun for siblings too!

As much as possible, encourage families to include their older children in playing games together.



## For parents to try themselves

Encourage parents to try singing songs at home. They can be well known nursery rhymes, or ones they make up with their children together. Remember the way you sing and move with your baby can relax or excite them.



- 'Row Your Boat' is quick and involves lots of movement, so it's good for play time.
- Slow and quiet songs are best for bedtime. Use soothing movements like rocking.



Parents and carers can find more activities and resources to try at home by visiting

[www.bit.ly/tinyhappypeople](http://www.bit.ly/tinyhappypeople)  
Instagram/@thp\_pilot

