

Kitchen Band Jam Session!

Let's make some noise and have fun exploring sounds in the kitchen!

Materials Needed:

- Assortment of safe metal pots and pans (different sizes are great!)
- Plastic bowls or containers
- Wooden spoons
- Metal spoons (with supervision)
- Plastic spatulas or whisks
- A safe, open floor space

Activity Steps:

1. **Set Up the Band:** Spread out the pots, pans, and bowls on the floor. Give your toddler the 'drumsticks' (spoons, spatulas).
2. **Explore the Sounds:** Encourage your toddler to tap on the different items. Ask questions like, 'What sound does the big pot make?' 'What about the small pan?' 'Is the wooden spoon louder or quieter than the metal spoon?'
3. **Follow the Beat:** Tap out a simple, slow beat on one of the pans (e.g., tap-tap... tap-tap...). See if your toddler can copy you. Try different speeds – fast and slow!
4. **Sing Along:** Sing simple songs like 'Twinkle, Twinkle Little Star' or 'Old MacDonald' while tapping along to the rhythm on the pots and pans.
5. **Freestyle Jam:** Let your toddler have fun making their own sounds and rhythms! Dance along to their unique music.
6. **Clean Up Song:** When it's time to finish, sing a clean-up song while putting the 'instruments' away.

Tips for Fun:

- Sit on the floor with your toddler and join in!
- Be enthusiastic about the sounds they create.
- Don't worry about making 'perfect' music – it's all about exploration and fun!
- Supervise closely, especially if using metal spoons.
- Keep the session short and sweet, following your toddler's interest level.