31 DAYS OF MUSICAL FUN

Celebrate December with 31 days of singing, dancing, listening, and musical play.
Enjoy the activities together, adapt them to your abilities, and have fun making musical memories!

SUN	MON	TUE	WED	THU	FRI	SAT
		1 **Welcome December** Sing your favorite holiday or winter song	2 **Snowflake Dance** Move like a falling snowflake to music	3 **Kitchen Band** Grab wooden spoons, bowls, or containers & make music	4 **Musical Bubbles** Blow bubbles while music plays. Watch them float, dance, and pop!	5 **Jingle Bell Fun** Shake jingle bells while listening to holiday music
6 **Freeze Dance** Play your favorite music. Dance when it plays & freeze when it stops	7 **Clap Your Name** Clap the syllables in the names of everyone in your family	8 **Musical Story** Read your favorite holiday or winter book & add sound effects to the story	9 **Winter Sound Walk** Take a walk & listen for birds, wind, footsteps, & other winter sounds	10 **Sing It Silly** Sing a familar holiday song in a silly voice, a whisper, or a deep voice	11 **Follow the Leader** Clap, tap, or stomp a simple rhythm & have someone copy you	12 **Around the World** Listen to a holiday song from a country you've never visited
13 **Dancing Scarves** Wave a colorful scarve or lightweight cloth to your favorite music	14 **Teddy Bear Dance** Hold your favorite stuffed animal and dance together to a song.	15 **Sing Me an Echo** Sing a short phrase & have the child sing it back to you	16 **March of the Toys** Pretend you're a toy soldier, teddy bear, or a dancing doll while music plays	17 **Find the Beat** Clap, pat, or tap along with the steady beat of your favorite holiday song	18 **Musical Lights** Listen to music while looking at holiday lights. Do they twinkle fast or slow	19 **Animal Songs** Sing a song about animals and make their sounds together.
20 **Holiday Memories** Play a favorite holiday song from your childhood and share it with your child.	21 **Winter Sounds** Make quiet nighttime sounds. Can you imidate the wind, an owl, or falling snow?	22 **Fast & Slow** March quickly to a lively holiday song, then sway slowly to a gentle song	23 **Sing Along** Let everyone in the family choose a favorite holiday song to sing together	24 **Silent Night** Sing a gentle song or read a bedtime story together	25 **Holiday Music** Celebrate with a favorite holiday song, dance, or family musical tradition	26 **Sound Hunt** Find three things at home that make sounds. Tap, shake, and listen!
27 **High & Low** Make high sounds like little birds and low sounds like big bears	28 **Musical Parade** March around your house singing & playing musical instruments	29 **Peekaboo** Sing a song while playing peekaboo with a scarf or blanket.	30 **Snowman Dance** Pretend you're a snowman melting as the music slows down	31 **Dance Party** Put on your favorite music and dance your way into the new year		

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