

Here you'll find a few activities and simple recipes to explore together. Some use the items in the box, while others invite you to bring in everyday materials from your home.

Follow the prompts, or let your own ideas take the lead. And if you feel like sharing, we'd love to see what you create!

Activities will be changed every couple months. So if you've already tried everything on this list, hang tight and come back soon for some fresh ideas!

THE MUSICIAN ACTIVITIES

1. Rhythm Copy Game

A simple way to connect through listening, movement, and sound.

What you need:

Any instruments or sound-making objects
(*drum, shaker, xylophone, table, hands, etc.*)

1. Sit facing your child so you can see and hear each other clearly.
2. Start by creating a short, simple rhythm using your instrument or hands.
For example: tap–tap–pause–tap.
3. Invite your child to listen and repeat the rhythm back to you.
4. Keep the patterns simple at first, then slowly change them:
 - make them faster or slower
 - add a pause
 - use a different sound
5. After a few turns, switch roles and let your child lead while you follow.

There's no need for perfection — focus on listening, responding, and enjoying the exchange.

The Purpose:

This activity supports listening skills, coordination, and focus, while also creating a shared moment of connection through rhythm and play.

2. Sound Story

Let sound become a way of telling a story.

What you need:

Instruments or sound-making objects

1. Begin by choosing a simple idea for a story:
a rainy day | journey | magical forest
2. Instead of using words, use sounds to represent what's happening.
For example:
soft tapping = rain
loud drum = thunder
gentle shaking = wind
3. Take turns adding sounds to build the story together.
4. You can guide gently by asking:
"What happens next?"
"What sound would that make?"

Let the story unfold naturally, even if it becomes silly or unexpected.

The Purpose:

This activity encourages creative expression and allows children to communicate ideas and emotions through sound, especially when words are not enough.

3. Loud & Soft Exploration

Exploring how sound can change — and how it feels in the body.

What you need:

Instruments or your own voice

1. Start by making very soft sounds together.
2. Notice how it feels — slow, calm, gentle.
3. Gradually increase the volume:
 - a little louder
 - then louder
 - then big, energetic sounds
4. Then slowly bring it back down again to quiet.
5. You can turn this into a game:
 - whisper sounds
 - giant sounds
 - sleepy sounds
 - excited sounds
6. Pause at the end and notice:
"How does your body feel now?"

The Purpose:

This activity helps children explore emotional expression, energy levels, and self-regulation through sound and movement.

4. Make Your Own Rain & Thunder Drum

Create the sound of a storm in your hands.

What you'll need:

An empty tin can or sturdy container (*edges covered safely*)

A balloon

Rice or small beans

A wooden skewer or pencil

Tape or elastic

1. Stretch the balloon tightly over the opening of the can and secure it with tape or an elastic.
2. Poke a small hole in the center of the balloon (adult help recommended), and insert the skewer or pencil so it stands upright.
3. Turn the drum upside down and gently tilt or shake it.
You'll hear a deep rumbling, like distant thunder.

You can also:

- tap the sides
- move it slowly or quickly
- combine it with other sounds to create a storm

The Purpose:

This activity introduces children to sound vibration and cause-and-effect, while encouraging sensory exploration and imaginative play.