

Music Therapy and More - April

<p>Shape Song Swingalong</p>	<p>https://www.youtube.com/watch?v=Umu58RxNL7I</p> <p>This song is so much fun and it also can be found in book form! It's perfect for creating and recognizing shapes such as circles, squares, and triangles. While singing this song, you can encourage your kids to find the shapes within the music video or you can have them look around your house. You can also sing the chorus of this song, while you are out and about, encouraging your child to find shapes all around them! As your child becomes older, you can also use it with helping them create the shapes themselves. In the beginning, have your child use their body to make the shape. For example, for the circle, you and your child can hold their arms above their head in a round circle. You can then progress to creating the shapes on paper!</p>
<p>Bean Bag Hop</p>	<p>https://store.listenlearnmusic.com/product/bean-bag-hop/</p> <p>This is a great song to help with impulse control as well as working on following directions and body recognition. When playing this song at home, if you don't have a bean bag, feel free to use a stuffed animal, a ball, or other toy. When singing this song on your own, you can easily adapt the lyrics to have your child put their toy on a different part of their body. You can also change the words to direct them to hold their toy a certain way. For example, have them hold it up high, down low, wave side to side, etc. This song also works on gross motors skills and can help release some energy!</p>

<p>Shape Song Swingalong</p> <p>Chorus:</p> <p>All I need to start is a Line, line Circle, circle Square, square, square, square Triangle, triangle</p>	<p>Bean Bag Hop</p> <p>Shoo woop, shoo wado wap Bop shi bop Back and forth Make the bean bag hop Shoo woop, shoo wado wap Bop shi bop Back and forth Don't let it drop</p> <p>Now freeze and hold your bean bag still Wait wait wait wait wait until I tell you where to put it now On your head show me how</p>
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