

Movement & Music



Add your own words to the music

Babies

Toddlers

Rocking

Gently rock to the beat of the music.

Sway from side to side, forwards and backwards to the rhythm of the music.

Up & Down

Move your baby or a toy, up and down to the low and high sounds.

Raise hands up, up, up and then down to changes in pitch of the music.

Creep & Tickle

Creep your fingers to the music and then tickle.

Creep your fingers to the music and then tickle.

Running Legs

Lie your baby down and run their legs /arms to the speed of the music.

Encourage fast movements of arms/legs and then stop in time with the music.

Out & In

Move arms out and in.
Contrast moving slow and fast.

Reach out wide arms and then close together in time with the music.

Play All

This track combines all the movements.

This track combines all the movements.