

# Move & Groove with Music Choice Board



Let's Keep our brains & bodies happy & healthy by moving & grooving!

Choose 1, some, or all & color in the squares that you complete!

\*\*Be sure to ask for parent or guardian permission.

<p>** visit the following website to explore and create music for your specific grade level!  <a href="https://musicplayonline.com/">https://musicplayonline.com/</a></p> <p>Free access for all students!</p>	<p>Perform a song you have learned in music this year for a family member!</p>	<p>Listen to a song. Draw a picture of how the song makes you feel or write about what it makes you think of.</p>
<p>Create/add sound effects while reading a picture book out loud!</p>	<p>Go outside - how many sounds do you hear?          Make a list of the sounds you hear!</p>	<p>**How many items in the kitchen can you turn into a percussion instrument?          (percussion is anything you hit, shake, or scrape)  <b>Just be sure to clean up after you're done jammin' out!</b></p>
<p>Jump Rope, skip, or step to the tempo (speed) of different songs.</p> <p><b>Just Remember - keep the beat in your feet!</b></p>	<p>Bounce a ball to the beat of a song.          Bounce to andante (slow)          Bounce to allegro (fast)  <b>YOU CHOOSE OR DO BOTH!!</b></p>	<p>Create a short story to a classical song. Include the following: WHO WHAT WHERE WHEN How!</p>
<p>Teach and play a music room game to someone in your family or to your entire family!</p>	<p>Interview an older family member about a song they learned as a kid!          Interview in person, make a phone call, or Facetime!</p>	<p>Create a sock puppet show or use your stuffies to move and groove to song!</p>