



## 15 Minutes of Family Fun *Rhythm and Rhyme*

Gain useful literacy skills doing everyday activities at home!

Rhythm and rhyme play an important role in learning to read. Here are some quick, easy to do rhythm and rhyme activities that support children's development:

- **Rhythm ruckus.** Use household objects, e.g. plastic containers, sticks, pot lids, toys, to make different sounds and rhythms.
- **Freeze dance.** Play music and invite your child to move to the music. When the music stops, the child will “freeze”, staying still until the music starts again (in 3-4 seconds). Try different kinds of movements and different kinds of music.
- **Join the band.** Make homemade rhythm instruments using plastic containers with screw top lids and different fillings, e.g. rice, sand, beans, small jingle bells. Fill the containers partly full and tape the lids on securely. Experiment with the different sounds the shakers can make. Play loudly, softly, quickly, slowly. Shake in time to music.
- **Sing together.** Action songs accompanied by movement are particularly fun for children, e.g. Head and shoulders, knees and toes, knees and toes.
- **Read rhymes and poems.** Visit your local library for suggestions. There are many modern poems for children as well as classic nursery rhymes.

In these 15 minutes of family fun, your child:

- Learns new words
- Develops a sense of rhythm and rhyme
- Pays attention to the sounds in words, also important in learning to read
- Associates words with actions (developing word awareness)
- Imitates and experiments with sounds, rhymes, and rhythms
- Uses imagination and creativity

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