

## **WAYS TO ADD MUSIC TO YOUR LIFE**

Music is a fun addition to just about any activity. While the tips below contain child specific ideas, adults are not exempt from putting them into practice for themselves!

### **Listen to Music**

Have music playing in the background when you are at home or in the car. It is as easy as that. Music can act as a calming backdrop to your life. Let music become a part of life for your kids.

### **Make Music**

Take it a step further and make your own music. Grab an instrument and play with your child or your friends. You don't even have to use a common instrument. Make a beat against the coffee table while you sing. With younger kids you can even lightly play a beat on their tummies. They think it's funny and it brings rhythm and music into their lives.

### **Dance to Music**

Get up and move. Turn on a fun song and let loose. Hold kid's hands and dance, or just make your own silly dance. They will enjoy being silly with you. If your child is younger, you can clap their hands together or help them do a little wiggle dance. Have fun with it.

### **Sing !!**

Singing is a great way to engage with music. Look at the popularity of Karaoke!! Even folks that "can't hold a tune in a bucket" enjoy singing along with family and friends. Sing to your children whenever possible. Let your children join in and sing with you. You can even make up your own songs – like singing about the groceries that you have to buy at the store. Let your creativity flow and encourage your kids to join in and make up their own songs. Lullabies are great! Let your voice to soothe your children or grandchildren to sleep.

### **Create a Theme Song**

Write a theme song unique to your family, yourself, or your child. Sing about your unique qualities and likes. Another great option is to your name and how to spell it. For kids, not only will they be engaging with music, but they will learn how to spell their name at an early age.

### **Use Music Instead of a Timer**

Have a mess to clean up? Challenge yourself or a child to complete a chore before a song ends. Designate a song as your clean up song. Turn it on and race to clean up. Chores can be fun when you include music.

### **Start the Day with Music**

Alarm clocks are loud and harsh. Why not start your day with a soothing song? Wake slowly with a soft calming song. Maybe you will wake up less grumpy when gently woken up by music instead of that loud, annoying alarm clock. Use music to relieve stress.

### **Attend Live Music Events**

Attend live musical events. Try different styles of music. Your favorite rock band. A musical. The symphony or jazz. A kid's show. Dance to the music! Let kids see that music is loved by many people not just you and your family. Bring along friends and have a little party at a concert in the park.

### **Join a Music Class**

Enroll in a music class for the opportunity to learn music history, and how to make beautiful music.