



Weekly



Family Music Routine Planner

Mon	Rhythm in Routine Activity: Incorporate rhythmic elements into your daily routine. Clap hands, stomp feet, or tap on surfaces while singing familiar songs during diaper changes or mealtime.
Tue	Musical Storytime Activity: Choose a favorite children's book and add a musical twist. Use a soft rhythm or sing-song voice while reading. Encourage your child to move or sway to the rhythm of the story
Wed	Nature Symphony Activity: Take a walk in the park or your backyard. Encourage your child to listen to the natural sounds around them. Sing simple songs together or make up rhymes inspired by the environment.
Thurs	Dance Party Break Activity: Have a mini dance party in the living room. Play upbeat, child-friendly music and dance together. This is a great way to introduce different genres and move to the rhythm.
Fri	Kitchen Band Activity: Turn everyday kitchen items into musical instruments. Use pots and pans as drums, wooden spoons as drumsticks, and create a kitchen band. Play along with your child, exploring different sounds.
Sat	Lullaby Serenade Activity: Slow down the day with a lullaby serenade during nap or bedtime. Sing or play calming music to create a soothing atmosphere. This routine can help signal to your child that it's time to wind down.
Sun	Family Jam Session Activity: Make Sundays a family jam session. Bring out any simple instruments you have at home (shakers, tambourines) and play along with your child. Create a relaxed and enjoyable musical environment.

Keep it playful and be consistent. Visit songbirdsmusic.com for more musical play ideas!