

**Rhyme! "Jack in the Box" (or your-child's-name-in-the-box!)**

Jack in the box (with child on lap, making a small/low shape)

Sits so still (hug child and rock back and forth)

Won't you come out? (Pretend to "wind up")

Yes, I will! (Lift child up to make a big/high shape)

*(Traditional, U.S.)*

**Developmental Movement Idea:** When we practice different ways of moving with our children, we're helping them to experience a variety of rhythms, levels and sizes. We can support pre-mobile babies while we gently gallop around the room! Older babies and toddlers will enjoy playing with new combinations of SIZE and LEVELS as they move through space. Rhythmic patterns, like galloping, don't just teach new physical skills. A kinesthetic approach to rhythm also assists with language acquisition, coordinated movement patterning, visual eye-tracking and logical sequencing. Galloping is a tricky new way to move, and your child will enjoy working toward mastering it with you! (Be patient and reward effort: most children will not 'gallop' on their own for some time...)

**"The Gallop Song"**

I know a little pony, (make some small/medium and big shapes)

Her name is Dapple Gray (or your child's first and last name).

She Lives in a Meadow

Not very far away.

She goes nimble, nimble, nimble (small gallop)

And trot, trot, trot (medium gallop)

And then she stops and waits a bit... (Pause)

Gallop, Gallop, Gallop HEY! (BIG galloping!)

*(Traditional, UK)*

**Play with Ways of Learning! At-home ideas for you to try to build on the concept of LEVEL and SIZE, through the multiple intelligences...**

**Visual/spatial:** make a picture puzzle out of a magazine photo

**Kinesthetic:** we all do "horsy" rides, but why not try dolphin rides, lizard rides, monkey rides, kangaroo rides, bird rides, lizard rides, etc?

**Aural:** Try a new rhyme like "The gallop song"

**Logical/math:** Make a collection of simple container objects of different sizes that open and close: A coin purse, a breath mint tin, a plastic jar with a lid, a pill case with multiple compartments are big winners.

**Nature:** Take a walk outside to explore low, medium and high.

**Musical:** Can you make a swing band out of every pot and pan in your kitchen? Do they have different sounds? Why?

**Emotional:** Simple sand play: Even in the winter, older babies and toddlers can use cornmeal in a plastic basin to explore playing in the sand. They may enjoy having some of their smaller toys - like animals, dolls and cars - to play with.

**Practical Life:** Toddlers will get a kick out of exploring levels and size as they cook and bake with you -- exploring measuring, pouring and stirring!