

Music & Movement Fun Songs

Music is a great way to get children active and moving around! It builds gross motor and social skills and pathways in the brain! Action songs

have lyrics that are easy to choreograph actions to and that children can follow. They encourage movement and help build memory!



What you need:

Use any of these links on YouTube or various children's websites to find fun moving children songs. You can also sing and do the motions without the links if you know these classics well!

- [Wheels On The Bus](#)
- [Baby Shark](#)
- [If You Are Happy and You Know It](#)

What to do:

Click on the link, turn up the volume, and start singing and moving around with your child

Extending the activity:

You can expand this activity by making it into a Freeze Game – start the music and let them move or dance and then stop the music and the child must freeze in the position they are in.

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