



# KITCHEN BAND

DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD



## ABOUT THIS ACTIVITY:

Invite your child to start a “kitchen band” using pots, pans, spoons, and containers. Encourage them to tap, shake, and bang to make sounds.

Help your child notice and explore how different materials make different sounds and try making sounds louder or quieter by changing how they play.

As your child tests different materials, they begin to learn they can create and control the volume of sound in different ways.

## STEM LEARNING AREAS:

**Physical Science:** Concepts related to objects or things, what they do, and how they move

- **Sound:** Vibrations that can be heard or felt when objects move
- **Structure & Properties of Materials:** Understanding characteristics of things and how those characteristics impact what things do

## WHAT DO I NEED?:

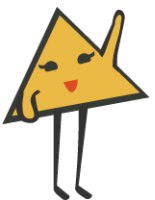
- Pots and pans
- Variety of cooking utensils: Wood, Metal, Plastic

## WHAT CAN I TALK ABOUT?:

- Sound
- Volume: Loud/Quiet
- Vibrations
- Materials: Wood, Metal, Plastic
- Size: Short/Long
- Senses: Feel, Hear

## WHAT CAN I ASK?:

- What happens if we use a shorter/longer cooking utensil?
- What happens if we use different types of cooking utensils (plastic, wood, metal)?





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ADAPTATIONS FOR DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

Every child is different. Do what works best for encouraging your child's independent exploration during this suggested playtime activity. These are only suggested activity adaptations. Consider consulting your child's care team first.



Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.



Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.

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## ENVIRONMENT

- If needed, provide headphones or earmuffs to dampen sound
- If needed, provide mittens or gloves to dampen vibrations
- Place materials within reach

## MATERIALS

- Have child's assistive technology ready and available, including augmentative & alternative communication (AAC) device
- For children with physical disabilities with fine motor/grasping needs, consider using tools or assistive devices (grabber, reacher, Velcro strap)
- Provide a variety of different sized pots and pans and cooking utensils (plastic, wood, metal)

## INSTRUCTION

- Use a variety of methods of communication (sign language, gestures) to meaningfully engage children
- Model and demonstrate how to interact with materials
- Allow longer waiting time for child to respond and process this activity
- Gradually introduce different types of sounds. Gradually increase the volume of sound.



### Need visual cues?

Visit [STEMIE's Visual Cue Library](#) or check out STEMIE's tips for creating and using visual supports with [A Guide to Visual Supports](#).



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ACTIVITY IDEAS FOR DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

## ADDITIONAL ACTIVITY IDEAS:

- Set up cups, bowls (with no holes), or pots on the table or counter and "play" them while they are empty. Then try filling up with a little, some, and a lot of water and explore if the sounds change.
- Encourage your child to make sound patterns with their "instruments" and see if they can imitate sound patterns that you make.
- Play music as you explore and help the child keep the rhythm and beat.
- Check out these great books about music:
  - *Hello, World! Music* by Jill McDonald
  - *Wild Symphony* by Dan Brown
  - *Butterfly's Marching Band* by Little Hippo Books

