

# KITCHEN BAND

DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this suggested play activity. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.



**STEM Concept(s):** Sound, Structure & Properties of Materials

Help your child recognize and understand how musical **sound** is produced and how it sounds using **different materials**. Sound waves are made by vibrations traveling through different mediums like air, water, and/or objects. Extend your child's learning by using different types of cooking utensils.

## STEM IDEAS/WORDS

- Sound & sound waves
- Vibrations
- Properties of materials

## MATERIALS

- Pots and pans
- Variety of cooking utensils (plastic, wood, metal)

## OPEN-ENDED QUESTIONS

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



# KITCHEN BAND ADAPTATIONS

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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/assistive devices (e.g., 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 (e.g., sign language, gestures) to meaningfully engage children
- Model and demonstrate how to interact with materials
- Allow longer waiting time for child to respond and/or process this activity
- Gradually introduce different types of sounds. Gradually increase the volume of sound.



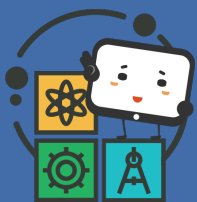
*Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.*



*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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# ADDITIONAL ACTIVITY IDEAS

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- Set up cups, bowls (with no holes), and/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

