



To Play: 1) Throw a dice (or small object) onto the paper. 2) Do the activity it lands on! 3) Tick or colour in a square when you do it 4) If you manage to fill all squares you get a prize!

Sing along to your favorite song!	Stretch your body for 10 mins	Clap 6 rhythms to your family!	Read a book about music or a musician
Make an instrument out of items in your house	Use a Music App on an ipad or smartphone	Write your own song or rap, with a steady tempo	Dance to some nice music
Listen to 20 minutes of classical music on youtube	Learn a new song, with lyrics and melody	Design a completely new instrument on some paper	Ask someone in your family about their favorite music
Play along with a MusicNation Video on Youtube	Practice an instrument (recorder if you have one!)	Write down some rhythms on paper	Research and make a poster about a famous composer
Learn some beatboxing or rapping skills!	Watch some ballet on Youtube	Use a music theory app on an ipad or phone	Invent 4 new rhythms!
Perform a song you learned in school to a grownup	Explore note combinations on an app or instrument	Watch a musical film	Bounce a ball in time to the beat of a song