

We Skoolhouse



Ready-Made Curriculum: Music & Sound Exploration



A Practical Guide for Exploration

Each unit offers a suggested flow of experiences designed to support deep, meaningful learning through play. You'll notice intentional repetition—this is purposeful. Repeating activities builds memory, mastery, confidence, attention, and focus, forming the foundation for long-term learning.

The experiences are open-ended & process-driven, focusing on how children learn rather than what they produce. This allows for a range of learning styles & encourages exploration at each child's unique pace.

Flexibility Matters

Each unit includes a suggested daily activity guide to support your planning—but it's not meant to be followed rigidly or completed in a set order:

- **Follow the children's lead:** If they're deeply engaged, slow down. If interest fades, it's okay to pause and return later. Some children need time to warm up to new ideas—don't move on too quickly. Repeating an invitation over several days can spark richer engagement.
- **Move at your own pace:** Stretch a week into two, repeat activities as long as needed, and allow units to grow over time.
- **Revisit, don't rush:** There's no need to introduce a new unit each month. Returning to a familiar concept—like revisiting water after exploring texture or paint—deepens understanding and strengthens memory. Revisiting isn't starting over—it's going further.

This guide is about making space for curiosity, experimentation, and meaningful learning. Use it as a springboard—trust yourself, trust the children, and allow learning to unfold naturally.



Unit: Music & Sound Exploration

Music & sound exploration helps babies develop their auditory senses, encouraging them to focus, listen, and identify different sounds. Musical instruments, songs, and movement provide opportunities for infants to experiment with volume, pitch, and rhythm, and also promote the development of cause-and-effect as babies learn how to create sounds and various movements.

Domain	How It Supports Development
Physical	Encourages gross motor development as infants kick, bounce, and wave arms in response to rhythm. Movement through caregiver dancing supports vestibular stimulation and core strength.
Cognitive	Supports auditory discrimination and pattern recognition as babies respond to rhythm, pitch, and repetition. Builds neural pathways linked to memory and sequencing through repeated musical exposure.
Language	Enhances phonemic awareness and prosody as infants listen to the rhythm and intonation of songs. Singing and fingerplays promote early receptive vocabulary and joint attention.
Social-Emotional	Builds secure attachment through musical rituals like lullabies and bouncing songs. Movement with caregivers helps infants feel safe and regulated, while group music fosters early social orientation.

Unit: Music & Sound Exploration

Focus Materials: Musical instruments, bells, rattles, rainmakers, scarves

Books: Barnyard Dance! by Sandra Boynton, Shake My Sillies Out by Raffi

Songs: "Shake Your Sillies Out," and "Head, Shoulders, Knees, and Toes"

Vocabulary: Music, dance, clap, tap, bounce, hum, sing, shake, beat, rhythm, soft, loud, fast, slow, wiggle

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Instrument Exploration	Instrument Exploration	Fingerplay Songs	Instrument Exploration	Movement with Music & Scarves
Week 2	Instrument Exploration	Fingerplay Songs	Instrument Exploration	Movement with Music & Scarves	Rainmaker Fun
Week 3	Movement with Music & Scarves	Fingerplay Songs	Kitchen Band	Kitchen Band	Instrument Exploration
Week 4	Kitchen Band	Rainmaker Fun	Rainmaker Fun	Movement with Music & Scarves	Fingerplay Songs

Unit: Music & Sound Exploration

Suggested Activities

- **Instrument exploration:** Babies shake or tap baby-safe instruments like maracas or tambourines, building coordination and sound awareness.
- **Fingerplay songs:** Songs with hand motions (like Itsy Bitsy Spider) support rhythm, imitation, and early language development.
- **Movement with music and scarves:** Wave and toss scarves along to the music, encouraging babies visual tracking, body awareness, and sensory-motor connection.
- **Rainmaker fun:** Make a rainmaker with a cardboard tube, foil, rice, and tape. Tilt it slowly for soothing, rain-like sounds and visual tracking. Allow babies to explore and experiment as well.
- **Kitchen band:** Give babies safe kitchen tools (spoons, bowls, pots, whisks) to bang and explore different sounds and rhythms.

Alternatives and Extensions:

Explore these simple variations to extend play, supporting repetition, variety, and deeper sensory learning:

- **Body percussion:** Clap hands, pat knees, or gently tap baby's body to introduce rhythm.
- **Listening walks:** Carry baby and pause to notice sounds like birds, cars, or leaves.
- **Freeze dance with baby:** Bounce or sway to music, then pause when it stops to build listening skills.
- **Drumming on surfaces:** Let babies tap soft mallets or hands on cushions, laps, or tables to explore tones.

