



Pots and Pans Band

Experience

Invite your child to select with you a few different sized pots and pans, and some plastic containers. Turn all the pots and pans over on the floor. Provide metal and wooden spoons (they become the drumsticks).

Encourage your child to sit in front of the pots and pans and hit the top of the pans with a spoon. Support your child to play music and suggest different ways they could play e.g. they could play fast, slow, loud or soft.

Learning benefits

- Increases social interactions
- Further develops language and communication skills
- Introduces musical concepts e.g. beat, tempo, dynamics etc.
- Assists in development of self-regulation of emotions and actions



5 mins



2 - 3 years

Materials

Pots/pans

Plastic containers

Metal and wooden spoons

Hints and Tips

Indoors or outdoors

Provide encouragement as they play music

Sing a favourite song together