

Appendix 1: Record sheet

What we did during the week with music

	/ /10	/ /10	/ /10	/ /10	/ /10	/ /10	/ /10
	Time spent in minutes	Time spent in minutes	Time spent in minutes	Time spent in minutes	Time spent in minutes	Time spent in minutes	Time spent in minutes
Singing without instruments							
Singing and playing instruments							
Improvising with the instruments (making up our own music)							
Listening to music together							

Any comments:

(continue on back if needed)

Ideas for this week:

Songs

Try some of the songs we did this week:

Songs with instruments

- Try singing a song with your child and keep the beat with the instruments. Don't worry if your child doesn't play the instruments, they might join in later.

Instruments

- Bring the instruments out for special music time together.
- Try to copy what your child is doing with the instruments.

Listening to music

- Choose a time when your child is calm and quiet. Put on the CD from your book and sit close to your child.
- Try slowly rubbing your child's body and look at their face.

Sheet filled in retrospectively: yes no