Skills Focus: Healthy Exercise

Singing and moving to your child’s favorite songs is a great way to turn frowns, frustration, and fussiness into smiles and laughter — all while getting some much-needed indoor exercise!

Add to the fun with homemade musical instruments. Common household objects can make the most wonderful musical instruments: an empty tissue box and a few rubber bands turns into a guitar; empty oatmeal tubs, plastic containers, and sand pails become drums with wooden-spoon drumsticks. Try some of the other ideas below, and put on a family concert:

- **Wind instruments** — A long cardboard tube from a roll of wrapping paper can turn into a pretend clarinet.

- **Jingle bells** — Pipe cleaners woven through the loops of holiday jingle bells can be shaped into bracelet-sized circles to shake.

- **Shakers** — Plastic bottles with caps can become shakers. Wash them well, peel off any labels, and fill them with small toys or crayons.