

OPEN, SHUT THEM

A Fun Friday music and movement activity to try with your little ones!



BARTON LAB
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HOW TO DO IT

Click the [Youtube link here](#) for music from Super Simple Learning. When searching for the video, look for this thumbnail



Each verse introduces different representations of opposites. Here's some movements you can do for each:

Open, Shut: Spread fingers open, close hands into a fist

Big and Small: Open arms wide, bring hands close together

Please, No Thank You: Rub hand in circle on chest (ASL sign for please), shake head and wag finger

Fast and Slow: Stomp feet very quickly, stomp feet slowly

Loud and Quiet: Sing loudly with hands cupping mouth, sing quietly with finger over lips

Peek-a-boo: Cover eyes with hands, uncover

BENEFITS OF THIS ACTIVITY

- Self-expression through music and movement**
- Learning about opposites**
- Copying movements**
- Moving small muscles of the hands (fine motor)**
- Following directions**
- Spending quality time with your child(ren)**

WAYS TO REFLECT WITH YOUR CHILD

**What was
your favorite
part of the
song?**

**What are some
opposites you
remember from
the song?**

**What did you
like better:
going fast or
slow?**

**How did you
feel when
singing loud
and quiet?**

**Share with us!
What did you
like best about
this music and
movement
activity?**

**What other music
and movement
activities would
you like to see
featured?**



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