

To Play: 1) Throw a dice (or small object) onto the paper. 2) Do the activity it lands on! 3) Tick or colour in a square when you do it 4) If you manage to fill all squares you get a prize!

Sing along to your favorite song!	Stretch your body	Clap 4 rhythms to your family!	Read a book about music or a musician
Make an instrument out of items in your house	Play on a Music App on an ipad or smartphone	Write a poem or song	Dance to some nice music
Listen to 10 minutes of classical music on youtube	Learn a new song	Design a completely new instrument on some paper	Talk to someone in your family about their favourite music
Play along with a MusicNation Video on Youtube	Practice an instrument	Write down some rhythms any way you like	Research and make a poster about a famous composer
Learn some beatboxing or rapping skills!	Watch some ballet on Youtube	Sing in the shower, as loud as you can!	Invent 4 new rhythms!
Sing a song you learned in school to a grownup	Explore chords and note combinations on an app or instrument	Watch a musical film	Bounce a ball in time to the beat of a song