

The 50 things app can benefit children in the setting and home learning environment. In addition to supporting and strengthening workin with parents, the activity ideas and information make planning easy.

## An example of planning opportunities

Movement to music starts very young, as babies bounce and move their limbs to music, rhymes and stories. Dancing is fun and a great way to support being active and healthy. Best of all dancing and listening to music is FREE. You can dance anywhere at any time, have a garden festival, a music and movement stay and play session, disco indoors or just dance spontaneously.



By finding out and knowing your children and their families you will know if they play a musical instrument, sing, can mix music, provide cultural music and songs. Invite parents in to join your events and share the 50 Things app with them. You can also use this as an opportunity to share Peterborough's START messages and leaflets.

### BENEFITS OF DANCE FOR TODDLERS & PRE-SCHOOLERS



### STORY IDEAS

Doing the Animal Bop  
Giraffes Can't Dance  
Dance is for Everyone  
Luna Loves Dance

### SONGS TO SING

Dingle, Dangle Scarecrow  
The Grand old Duke of York  
The Hokey Cokey  
One Finger, One Thumb Keep Moving

### MUSIC IDEAS

[We're all amazing! by London Rhymes | Diversity and Equality |](#)  
[Songs for Babies and children - Bing video](#)  
[World music for kids -- What you teach your kids MATTERS \(allaroundthisworld.com\)](#)  
[Learn Polish - A song - Body parts - YouTube Music](#)

The 50 Things Dance activity has many links to different cultural music and dance which will support children's **knowledge of the world, personal, social, and emotional** skills whilst engaging in **healthy activity** and beginning to **understand the effects of exercise on the body**.

Singing, dancing and stories help children **widen their vocabulary, learn about their world and different ways to express themselves**.

When babies and young children are enjoying themselves their **focus and attention** is immediately **engaged**. Knowing what your children **like and dislike, their interests and characteristics of learning** will unlock a multitude of play and learning opportunities.

Visit the website [50 Things to Do Before You're Five in Cambridgeshire & Peterborough](#)

