



A FREE FAMILY ACTIVITY BOOK

Sing, Play & Learn

10 joyful music activities for young children

AGES 3-7 | NO MUSICAL
EXPERIENCE NEEDED

Created by Filly Tunes

Small musical moments can make a big difference.

This activity book turns ordinary family time into playful opportunities to listen, move, imagine and connect. Each activity takes about 5 to 15 minutes and uses things you already have at home.

How to use this book

1	Follow the child Repeat the games they love and shorten anything that loses their interest.
2	Keep it playful There is no perfect singing voice, rhythm or movement. Curiosity is the goal.
3	Use any language Name objects, actions and feelings in the language your family naturally speaks.
4	Choose a safe space Clear the floor before movement games and supervise any homemade instruments.

A gentle reminder

Young children learn through repetition. Doing one favorite activity many times is every bit as valuable as finishing the whole book.

01

Hello, Rhythm!

Beat & connection

YOU WILL NEED

Your hands and your child's name.

PLAY IT

1. Clap a slow, steady beat together.
2. Say your child's name so each syllable lands on a clap.
3. Try names of family members, toys or favorite foods.
4. Let your child choose the next word.

TRY THIS

Switch between loud, soft, fast and slow claps. Ask: What changed?

YOU WILL NEED

A wooden spoon, bowl, container and a little supervision.

PLAY IT

1. Place two or three safe kitchen objects on the floor.
2. Explore one sound at a time: tap, scrape or shake.
3. Create a four-beat pattern and invite your child to echo it.
4. Finish with one giant orchestra sound, then freeze.

TRY THIS

Sort the sounds into bright, deep, quiet or loud. Let your child invent new sound words.

03

Animal Action Song

Movement & vocabulary

YOU WILL NEED

Open floor space and any cheerful song.

PLAY IT

1. Choose an animal and name one way it moves.
2. Move like that animal while the music plays.
3. Pause the music and freeze in an animal pose.
4. Choose a new animal and begin again.

TRY THIS

Add a simple line such as: I am a hopping rabbit. Repeat it to the beat.

Musical Treasure Hunt

Listening & observation

YOU WILL NEED

Three safe household objects and a simple tune to hum.

PLAY IT

1. Hide the objects around one room.
2. Hum softly when your child is far from an object.
3. Hum louder as they move closer.
4. Celebrate each find with a short victory dance.

TRY THIS

After all three are found, arrange them in a row and sing their names.

05

Move Like the Music

Tempo & self-expression

YOU WILL NEED

Two contrasting songs: one calm and one lively.

PLAY IT

1. Play the calm song and invite slow, floating movement.
2. Play the lively song and try quick, bouncy movement.
3. Pause between songs and notice breathing and heartbeat.
4. Ask which movement felt most fun.

TRY THIS

Offer a scarf or ribbon for tracing shapes through the air.

Echo My Voice

Memory & confidence

YOU WILL NEED

Just your voices.

PLAY IT

1. Sing a tiny two- or three-note phrase using la-la.
2. Invite your child to echo it.
3. Take turns leading and copying.
4. End by singing a phrase together.

TRY THIS

Use a funny voice: tiny mouse, sleepy bear or friendly robot.

YOU WILL NEED

A picture book and optional homemade instruments.

PLAY IT

1. Choose a short story your child knows.
2. Pick a sound for a character, place or action.
3. Read slowly and pause for the chosen sound.
4. Retell the story using only the sounds.

TRY THIS

Ask your child to be the sound director and point when each sound should happen.

YOU WILL NEED

Paper, crayons and short pieces of music.

PLAY IT

1. Play a short piece of music.
2. Draw lines or colors that match how it feels.
3. Share one word for the feeling.
4. Try a different piece and compare the pictures.

TRY THIS

There is no wrong answer. Model with: This sounds peaceful to me because...

Pass the Beat

Turn-taking & focus

YOU WILL NEED

A soft ball or rolled-up pair of socks.

PLAY IT

1. Sit facing each other and tap a steady beat.
2. Pass the soft ball on every fourth beat.
3. Say pass together when it moves.
4. Change the direction or number of beats.

TRY THIS

Invite more family members and keep the beat traveling around a circle.

Goodnight Soundscape

Calm & routine

YOU WILL NEED

A quiet room and your voices.

PLAY IT

1. Choose three gentle sounds, such as wind, rain and a soft hum.
2. Make each sound for three slow breaths.
3. Layer two sounds together very quietly.
4. Finish with one familiar lullaby or a long goodnight hum.

TRY THIS

Use the same order each evening so the sounds become a calming bedtime cue.

Your easy seven-day plan

Pick one short musical moment each day. Repeat favorites freely.

	Hello, Rhythm! Clap names before breakfast.
	Kitchen Orchestra Build and echo one beat.
	Animal Action Song Move like three animals.
	Echo My Voice Take turns leading.
	Story Soundtrack Add sounds to a favorite book.
	Pass the Beat Invite the whole family.
	Goodnight Soundscape Close the week calmly.

My child's favorite activity was:

A sound, word or movement we discovered:

KEEP SINGING

Your next musical adventure is waiting.

Explore original Kannada rhymes and children's songs from Filly Tunes. Watch, listen and discover playful learning themes together.



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Made for families. Designed for joyful, supervised play.

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