



Art and Music Activities

What can you do for *Fun With Children Through Art and Music Activities*? Here are some ideas:

1. Choose a fun-friend (see 4-H 9111).
2. Make some modeling dough and play with it with your fun-friend.
3. Make a collage with your fun-friend.
4. Make some finger paint and use it with your fun-friend.
5. Provide a painting experience for your fun-friend.
6. Provide a singing time with your fun-friend.
7. Make some musical toys and use them with your fun-friend.
8. Show your fun-friend how to use a musical instrument.
9. Visit with your fun-friend's parent about the things you've been teaching.

After completing each activity you choose to do, write a very short story about the things you and your fun-friend have done. These stories will be your record of your 4-H project.

Modeling Dough

Children like to do things with their hands. Working with modeling dough is one way they can do this. Children use this dough in much the same way as they use modeling clay or plasticine.

Playing with modeling dough can be soothing to children. It helps to release tension because it can be pounded, punched, and rolled.

Making Modeling Dough

It's fun to make your own modeling dough. There are many simple recipes for making it. You may want to try both of the ones given here to see which you like best.

RECIPE 1

3 cups flour
1 cup salt
1/2 to 1 cup water
food coloring

1. Mix flour and salt together in mixing bowl.
2. Add food coloring to water.
3. Add colored water, a little at a time, to the flour and salt mixture. Stir together each time you add water.
4. Stop adding water when the mixture will stay together without crumbling. If the dough is sticky, you have added too much water, and you will need to add a little more flour and salt.

This dough is soft and easy to model. It can be used again if it is kept in a plastic bag in the refrigerator. Objects made from the dough will harden in a few days if left out to dry.

RECIPE 2

1 cup salt
1/2 cup corn starch
3/4 cup cold water
food coloring

1. Stir together salt, corn starch and water in top of double boiler. Add enough food coloring to tint the dough the desired color.
2. Put some hot water in bottom of double boiler and place top part of boiler over it. Heat over low heat stirring constantly until all the mixture gets stiff and hangs to the spoon.
3. Remove from heat and put mixture on waxed paper or aluminum foil to cool.

This dough is a little more rubbery than the other. It can be used again if kept in a plastic bag in the refrigerator. Objects made from the dough will harden in a few days if left out to dry.

Playing With Modeling Dough

Ask your fun-friend's parent if you need to cover the table. Some table tops are metal or plastic and need not be covered, but other kinds may need to be protected. Protect the table top by covering it with a piece of plastic, oil-cloth, or paper.



Sit at the table with your fun-friend. Each of you take some of the dough.

Work with the dough by squeezing, patting and rolling it. Do not try to make any special object. If you do, your friend may try to copy it and become discouraged. Children give up when they can't do as well as you do. Remember, it's more important to have fun playing with the dough than it is to make things.

When playing with the dough, some children may model simple objects such as balls, snakes, or cookies. If your fun-friend insists on making something, you can show how to make bulges by squeezing and shaping the dough. It is easier for young children to shape dough this way than by breaking off a piece and trying to stick it back on.

If your fun-friend wants to keep an object that has been made, put it aside to dry and harden. If your friend would rather have the fun of playing with the dough again, show how to put it in a plastic bag or covered container and store it in the refrigerator.

Collage

Have you ever made a collage? It is made by pasting various materials on a piece of heavy paper or light-weight card-

board. Older children may use the materials to make designs or a picture. Younger children will paste just for the fun of it.

Getting Ready To Make A Collage

First, collect a box of collage materials. These are things to paste. It is good to have a wide variety of colors, shapes, sizes and textures. You might include wisps of cotton; pieces of string and yarn; bits of ribbon, braid, or rick-rack; beads; buttons; scraps of different kinds of cloth and paper; pieces of corrugated cardboard; paper doilies; and macaroni and noodles of different shapes and sizes. Nature materials, such as feathers, leaves, seeds, flowers, pebbles, straw and twigs, are also fun to collect and good to include. Include anything else you think would be interesting.

Sort out the different types of collage materials. Put the different types in small lids, boxes, or dishes, and set them in a large shallow box or in a large flat pan. This way they are easier to use.

Next, collect some pieces of lightweight cardboard such as the back of a tablet or a suit box. Heavy paper also would be suitable. Pieces of cardboard or paper should be fairly large.

For paste use library paste, school paste, white glue, or homemade paste. The paste you use should contain no harmful ingredients because small children may try tasting it. It is also wise to use a paste which will wash out of clothing. Here are some paste recipes:

RECIPE 1 (Simple Paste)

1/3 cup flour
1/4 cup water (approximately)

Mix water into flour, a little at a time, until the mixture is the right consistency.

RECIPE 2 (Cooked Paste)

1/2 cup sugar 1/2 tsp. powdered alum
1/2 cup flour 15 drops oil of cloves,
1 cup water wintergreen or peppermint

Note: The oil of cloves, wintergreen, or peppermint is used to keep the paste

from spoiling. It may be omitted if the paste is stored in the refrigerator.

1. Mix sugar, flour, alum, and water. Cook until thick.
2. Remove from heat and add oil of cloves.
3. When cool, put in covered container and store in refrigerator.

You'll need a paste container such as a jar lid or other small flat container. When using paste, put a small amount in a paste container. Children may use too much if they have a whole jar at once.

You'll need a pasting brush. It can be a firm pastry brush or some other brush that has firm bristles. The paste brush that comes with commercial paste may be hard for a small child to use because the brush is usually too narrow and the handle too small. If you have no brush, a popsicle stick or plastic spoon can be used.

Making a Collage

Set up a place to paste. Protect the table top and make clean-up easier by covering the table with a piece of plastic, oilcloth, or paper. You and your friend may need to wear aprons or washable clothes. Children often wipe their sticky fingers on their clothes.

Now, you are ready to make a collage. Select bits and pieces of the collage materials and paste them to your paper or cardboard. Small children often find it easier to smear the paste all over the paper or cardboard and stick the collage materials on the paper. This is easier than trying to put paste on a small piece of cloth, a twig, or a piece of yarn.

Remember most pre-school children won't be interested in making a picture. They're more concerned with the fun of pasting. Younger children (three-year-olds) may want some time to just feel and spread paste on the large paper before they are ready or willing to put any of the other materials on it. When they do start pasting, they may put layers on top of layers of materials and may even end with a layer of paste. Older children who have had more experience using paste will probably paste as you would expect them to.



When your fun-friend has finished pasting the collage, comment on what fun it was to make, how interesting it feels, or what a fine job it is instead of asking what it is.

Finger Painting

Finger painting is fun for children of all ages. It gives them a chance to use their hands to touch and feel. It allows them to "mess." The pre-school child is not concerned about making a picture, but likes to finger paint because it is an enjoyable sensation.

Making Finger Paint

Make your own finger paint by using one of the following recipes. Starch products vary, so you may need to experiment a bit. Finger paint should be relatively thick--about like pudding. To make more than one color of finger paint, divide the starch mixture before adding color. Two or three colors are usually plenty.

RECIPE 1

1 1/2 tablespoons cornstarch
1 cup cold water
food coloring

1. Mix cornstarch and water in a heavy saucepan. Stir until there are no lumps.

2. Cook over low heat. Stir all the time.
3. Take pan off heat when the mixture starts to bubble. It should be clear and about as thick as warm pudding.
4. Divide and stir in the food coloring a bit at a time.
5. Cool. Keep in a covered container in the refrigerator.

RECIPE 2

1/2 cup laundry starch
(not instant type)
1/3 cup cold water
1 1/2 cups boiling water
1/2 cup soap flakes
(not detergent)
1 tablespoon glycerine
food coloring

1. Mix starch and cold water in a heavy sauce pan. Stir until smooth.
2. Add boiling water and cook over low heat, stirring all the time.
3. When mixture is clear and glossy, remove from heat. Stir in soap flakes.
4. Add glycerine, divide, add food coloring.
5. Cool. Store in covered container in the refrigerator.

Using Finger Paints

Cover a table with newspapers or a piece of oilcloth or plastic. Finger painting is messy, so cover your fun-friend

with an apron or smock to keep clothes clean. An adult's old shirt or blouse with the sleeves cut off and worn backwards makes a good paint smock. You might want to make some for your friends.

Large sheets of butcher paper or shelf paper are good to paint on. If the paper has a shiny or glossy side, that's the side to use for painting. Moisten two sheets of paper on both sides with a wet sponge (one for your friends and one for you). Or you can dip the paper completely in a dishpan of water. Lay the moistened paper smoothly on the covered table.

Now the fun begins! Put a spoonful of paint in the middle of each sheet of paper. If you are using more than one color of paint you should let your fun-friend choose a color to start with. Let them spread the paint over the paper and work as they choose. Add other colors as they ask for them.

If your fun-friends have never finger painted before, they may be hesitant about starting. You can start by using your hands to swirl the paint around on your paper. Have your fun-friends help you. They soon get the idea.

When finished, lay the paintings on dry newspapers to dry. Remember, children like finger painting because it's fun. Children don't care about making a picture so don't ask *what* they painted. Instead, praise them for the colors they used or the swirls they made. Ask them to tell you about it.

Have a pan of water and some paper towels or cloths handy to clean up with. After hands are washed, your fun-friends will enjoy helping you clean the table.

Painting

All children like to paint. Younger pre-school children enjoy making large strokes with their arms and seeing the bright colors on the paper. They may cover the entire paper with paint or splotches, dabs, swirls, and lines. Older pre-school children like to experiment with color and form, making designs and simple pictures. They like to paint

one color on top of another and see the different effects this makes.

Painting with sponges or cotton balls instead of brushes can be fun, too. Your fun-friend may enjoy trying all three. If you haven't done this kind of painting, you may want to experiment ahead of time.

Getting Ready to Paint

For this activity you'll need to buy some powdered, water-soluble paint. It can be purchased in most variety or book stores. Two or three colors are plenty for the pre-school painter. Mix the paint according to directions on the package. If no directions are given, equal amounts of powdered paint and water usually make a good consistency. Paints should be liquid but thick.

Put a small quantity of each color of paint in separate small containers. If you use brushes for painting, small cans such as frozen juice cans make good containers. If you use sponges or cotton balls for painting, shallow dishes or jar lids make better containers.

A holder for paint containers will keep the paint from being spilled. You can make one by cutting holes the size of the cans in the lid of a shoe box or a box of similar size. Put the lid on the box and set the cans in the holes. Set shallow containers such as dishes and jar lids in a shallow bread or cake pan.

Paint brushes should have soft, thick bristles and handles about 10 to 12 inches long. The bristles of the brush should be about an inch wide. Try to have a brush for each color so that they will not have to be cleaned each time another color is used. Also provide some pieces of sponge cut in small pieces (1 or 1 1/2 inches square) and some cotton balls.

Cut some large pieces of plain wrapping or butcher paper (18" or 24" is a good size). Newsprint from your local newspaper publisher is inexpensive and good to use.

When choosing a place for your fun-friend to paint, remember that children

need to be able to move their arms and their bodies freely while painting. Children can paint while standing at an easel, at a low table, or at the wall. Or they can paint while squatting or kneeling on the floor or sitting at a table.

You should talk to your fun-friend's parent when choosing a place for your friend to paint. Parents often prefer that you paint in a certain area of the home.

Standing gives children the most freedom of movement for painting. If you don't have an easel, paper can be fastened to a washable wall with masking tape. If you use the wall, be sure it is well protected with plastic, oilcloth, or newspapers clear to the floor. Also cover the floor near the wall. Sometimes paints drip and run down from the paper. You will also need a secure place to put the paints. They can be placed on a sturdy box the right height for the child.

Children can also get freedom of movement for painting by spreading their papers on the floor. They can work there without the problem of running and dripping paint.

If you plan to have your fun-friend sit at a table, be sure the chair is high enough, or the table is low enough, to give plenty of freedom of movement. Painters need to be able to look down on their paper and see what they are doing.

Painting

Protect the area where you will be painting by covering it with newspapers or a piece of oilcloth or plastic. Protect your clothes and those of your friends with aprons or smocks.

You will have to set some limits for your friends so that paint does not drip and spatter. Show how to wipe the brush against the side of the paint container to avoid dripping the paint between the paper and the container. Show how to squeeze out the sponge and pat gently. Show how brushes or sponges go back into the right color. Sometimes they may want to paint other things in the room, but this is not permissible.

Your fun-friends will have fun experimenting with the paint. Let them work with it in their own way rather than suggesting that they make a picture. As they paint you can tell them what a fine job they are doing. When finished, tell about the painting. You can talk about what fun it was to paint or how interesting the painting is. Remember, most pre-school children do not start out to make a "picture" of anything.

Singing

Singing is as natural for children as talking. Sometimes they like to make up little songs about things they know and things they do. They learn words to simple songs quickly. It is not necessary that children sing the exact tune. It is enough that they enjoy singing.

Choosing Songs

Before you have a singing time with a fun-friend you should choose and learn at least three songs suitable for a young child. Share the songs you choose with other members of your club. You could practice singing them at a club meeting.

Songs for pre-school children should be simple and short, about four to eight lines long. Children like songs that repeat the words and the melody. They enjoy songs which have a definite rhythm or beat and tell them to do things.

Songs suitable for pre-school children include nursery rhymes and folk songs. Songs about things children are familiar with, such as their home, toys, play activities, and animals, are also enjoyed by pre-school children.

Do you know a song your fun-friend might like to learn and sing? Songs which are children's favorites and that you probably know are:

Three Little Kittens
Mary Had A Little Lamb
Jingle Bells
Twinkle, Twinkle, Little Star
Lazy Mary
Row, Row, Row Your Boat

Your leader or parent can teach you some other songs that little children will enjoy. You also can find songs for children in these books:

New Golden Song Book, compiled by Normal Lloyd.

Songs to Sing to the Very Young, arranged and compiled by Phyllis Brown Ohanian.

Singing With Your Fun-Friend

Sing one of the songs you have learned to your fun-friend. Children learn songs by hearing them sung. Don't try to teach the song line by line. Let your fun-friend catch onto the whole thing by hearing it. Sing the same song several times. Children like to sing the same songs over and over. You should not insist that your friend sing with you. Children will join in when they are ready.

When children sing, they like to be active. They like to move their arms and bodies. They may clap their hands or sway backward and forward to the music. This gives a child the "feel" of the music.

Sit on the floor with your fun-friend while you are singing quiet songs. When you sing songs with actions you and your friend may want to get up and move to the music. Skipping, hopping, galloping, and marching are movements which seem to go with some songs.

You may want to act out some songs. Finger games are a quiet way of acting out songs. Activities which combine moving to and acting out music are called rhythms. Children enjoy this type of musical activity.

Remember, the attention span of pre-school children is very short. They should never be urged to continue singing or participating in musical activities after they have lost interest. If you don't get to sing all three songs with your fun-friend during one singing time, you may want to plan another. Let their interest be your guide.

Musical Toys

Music for children is best kept simple. You don't have to be a musician or have

real musical instruments to help children enjoy music.

There are many simple musical toys you can make. Playing with these musical toys gives children a chance to experiment with sound and rhythm. They enjoy using them along with the music from a phonograph record. It gives them the feeling of "making music."

Making A Musical Toy

You may want to work with some other members of your club to make musical toys. If you do, decide which toys you would like to make. If there are three members and three children, you will need six of each kind of musical toy.

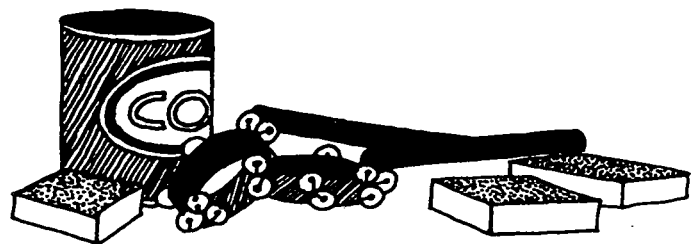
Why do they need to be alike? Small children usually want something exactly like everyone else has. If you decide to make two or three kinds of musical toys, make enough of each to go around.

The musical toys which are simplest to make and use are primarily for rhythm. Rhythm instruments are used to play in time with other music.

Some musical toys which you could make are drums, bells, shakers, sand blocks, and rhythm sticks. Most of these take few materials and are simple to make.

Drums. A drum can be made from a large (three-pound) coffee can which has a snap-on plastic lid. A large oatmeal box with the lid fastened on securely with tape or glue could also be used as a drum. You may want to decorate the can or box to make it look more like a real drum.

Shakers. Find a small box or can with a lid. This could be an empty oatmeal box, baking powder can, pipe tobacco can or a band-aid can. Next, find something to put in the box or can that will make a noise, such as pebbles, dried beans, rice,



buttons, or other small objects. Fasten the lid securely. Little children like to put things in their mouths, so you don't want the pebbles, buttons, or such to spill out of the box or can. Use some kind of tape, such as scotch, masking or adhesive, to fasten the lid shut.

Bells. Cut a piece of felt or firm fabric such as denim about two inches by six inches. Stitch the ends together to form a circle. Sew several small bells in clusters around the circle. Leave enough space between the clusters for the child to grasp.

Sand Blocks. Get two blocks of wood about the size and shape of blackboard erasers. They should be smooth enough not to have splinters. Cut two pieces of sandpaper the size of the largest size of the blocks. Glue a piece of sand paper to each block, rough side up.

Rhythm Sticks. Cut two pieces of wood about 12 inches long from an old broom handle.

You might find other ideas for homemade musical toys in magazines, newspapers, and toy shops. Use your own imagination.

Using Your Musical Toys

After you have your toys made you are ready for your musical experience.

You'll need a record player and a record. Choose a record without words and one which is easy to keep time to. You may use the piano if you have one available and someone can play it.

Let your fun-friend have time to experiment with the musical toys before playing them with a record.

For your musical experience, sit on the floor. If other club members and friends are sharing in the experience with you, you can sit in a circle.

Listen to a little of the record. Then, start it over and clap your hands to the music. Many pre-school children can't keep time to music, so don't insist that they clap in time. Usually they will try to do it the way you do.

After you've clapped your hands to the music, start the record again and this time use your musical toys. You might suggest that they play with only part of the music--they don't need to play all the time. Some of the children may not want to clap their hands or use their toy. If they don't want to participate, let them just listen.

The children may want to move about to the music, and they should be free to do so. When they are familiar with the music and their musical toys, encourage them to march with the music. Remember that the purpose of this activity is for the children's enjoyment of music. Marching for children is very informal, so no effort should be made to "keep in step."

Musical Instruments

Using musical instruments is another way to give children a chance to explore music. Through this activity you can help children develop an eagerness for "making music." They will enjoy it--and so will you!

If you play the piano or another musical instrument, you can provide a musical experience for your fun-friends with that instrument. You can show how you play the instrument and let them try it too. They will enjoy seeing how one instrument can make many different sounds.

Be sure to let your fun-friend have plenty of time to experiment using the musical instrument with your supervision. They will probably want to repeat many of the activities as you are doing them.

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