

Activity Share: **Cows in the Meadow – Music and Movement**

Age group: Infants and Toddlers

Materials Needed:

- A clear open space for body movement.
- Mild-to moderate physical endurance.

Directions:

Hold your infant or your child's hands. Start turning and singing:

Ring around the rosy
A pocket full of posies
Ashes, ashes, we all fall down!

When you're ready, slowly get up by singing:
Cows in the meadows
Drinking buttercups
Ashes, ashes, we all stand up!

(Repeat as many times as you wish.)

Children love to engage in music and movement and simple songs. Rhymes like Ring Around the Rosy are a perfect way to engage your infant or toddler in fun, safe and active play. A way that you can expand on music and movement is to sing the “Cows in the Meadow” verse as you get up to continue to sustain their interest and engagement in active play. This is also a wonderful way for parents to stay engaged and physically active as well.

