

MY KITCHEN BAND



GET CREATIVE



30 MINUTES



IN THE CUPBOARD

▶▶ GETTING INTO THE ACTIVITY

Make music from everyday items found in the kitchen. Encourage the whole family to get involved and you can start a family band.

Items you find in the kitchen can make lots of different sounds. Look through the cupboards and see what you can find. For example, you can hit pots and pans with cutlery, run a spoon down a cheese grater, shake a tub of pasta, hit plastic tubs and bowls with a wooden spoon and so on.

Create your own tune: Either on your own or as a family, create your own tune with all the sounds you can make from your kitchen band. Check out videos of ‘**Stomp Kitchen**’ on YouTube for some ideas.

Play along to a song: Play your favourite song on speakers and as a family band play along to the song, imagining you are the drummer or one of the musicians.

Ask a grown-up to take a video of your kitchen band and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU’LL NEED

- Pots and Pans
- Kitchen Utensils
- Music



NOTES FOR PARENTS & CARERS

Please help choose safe and practical items from the kitchen which your child can use. An adult should initiate any contact with the BB group and/or share on social media.