

# Rug Music

**Age: 2 years and up**



## What's needed

Small rug  
Music

## What to do

1. Place a small rug on the floor.
2. Play music and have the children walk in a circle, each one making sure to step on the rug as they walk.
3. When the music stops, whoever is on the rug gets to play the music for the next round. Vary the type of movement.

## What children will learn

Large muscle skills, music skills

