

28 Instant Songames: Fun Filled Activities for Kids 3-8



Twenty-eight games that make children feel good about themselves—what could be more fun than that?? This full-length, 28-song music CD will get kids up and moving in no time. The activities include numerous games of body awareness, movement play, feeling identification, and self-expression, as well as imagination games that encourage expressive language play. These less complex Songames and activities are perfect for younger children. This recording is based on the work of Barbara Sher, MS, OTR, whose workshops and writings on the importance of play have made a difference for families, children, teachers, and the therapists around the world. Play, as a vital element in the human experience, is one of the pillars of occupational therapy and is equal in importance to self-care and work. Fostering an ability to play creatively provides a foundation for healthy interactions with others, builds skills in innovative problem solving, and enables a person to consider alternative possibilities in intellectual arenas. Expensive toys and props are unimportant. Playfulness and imaginative creativity with the materials at hand are all that are needed!

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