



You will need the following objects: wrapping paper, squeezey bottle, water bottle with fillings, pom-pom, large scarf and a blanket. Play through tracks one to six, using the objects as shown, with the music, with your receiving partner.

## Keep to the Beat.



**Press  
and  
Scrunch**  
with gift  
wrapping paper



**Puff**  
air with  
squeezey  
bottle



**Rock  
and  
Tip**  
with water  
bottle



**Drop  
and  
Jostle**  
with pom pom



**Squeeze,  
lift, lower  
and move**



**Wrap in blanket  
Relax,  
keep in contact  
and listen**



Watch, listen and observe.  
**Keep to the Beat.**

