Copy a rhythm, then lead it



Ages 2-5 | 5-10 minutes

You'll need

Just yourselves and a clear, comfortable space.

Your child's role

Copy a short pattern, such as two gentle knee taps and a clap. Then invent a sound or movement for you to copy. Take turns leading. Play seated or standing, choosing movements that are comfortable for both of you.

Your role

Start slowly with one action, then add another if your child enjoys it. Copy their version, even when it changes the pattern. Keep the sound level comfortable; quiet hand movements work too.

Make it easier

Repeat one movement together, such as opening and closing your hands. Your child can also choose the movement and watch you do it.

Extend the play

Try the same pattern faster or slower, or agree on a signal that means "pause." Ask your child which change they want to try.

What they're practicing

Watching or listening for a pattern, remembering a short sequence and taking turns.