

Steady Beat for Infants and Toddlers

Developed by Wolf Trap Baby Artsplay!™ Artists

Shaker eggs are the perfect first instrument for a baby. They're easy to hold and easy to clean. Each child will need two shaker eggs in order to engage both sides of the body and the brain. The youngest babies might need to start out with just one egg. You can shake the eggs and chant or sing to a steady beat. You can also bounce the baby on your knees while s/he holds the shakers.

Shake, shake, shake your eggs
Shake, shake, shake your eggs
Shake, shake, shake your eggs
Shake, shake, shake your eggs

Shake them up, up high
Shake them down, down low
Shake them up, up high
Shake them down, down low

Eggs on my head
Eggs on my shoulders
Eggs on my tummy
Eggs on my knees
Eggs on my cheeks
Eggs on my ears
Eggs on my nose
Eggs on my neck

We're gonna shake and shake and shake and stop
Shake and shake and shake and stop
Shake and shake and shake and stop
Now let's shake some more

Everybody, everybody jump up and down
Jump up and down
Jump up and down
Everybody, everybody jump up and down
Jump up and down and freeze!