

High/ Low Activity:

Kindergarten Activity

Used to help the students understand the difference between high low.

You'll need an instrument of any kind that'll play high and low notes.

Have the students stand in their spots in the circle or in a line. Take your instrument and play a note.

High note- Students reach for the sky as high as they can get on their tiptoes

Middle note- Just standing straight not reaching up or going low.

Low note- Students get as low as they can, if it's sitting or squatting

Throughout time you eventually speed up to see if they can distinguish high, middle, and low at a faster speed.