



## B.C. First Nations Head Start **Movement Activities**

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Movement activities can be a lot of fun and are an easy way to include physical activity. Movement encourages and preserves a child's uniqueness, creativity and imagination. No two bodies move alike when pretending to be a frog, turtle or eagle.

### **Turtle game**

Curl into a turtle shape with your arms and legs tucked underneath you. Slowly sneak one leg out, then another. When the teacher bangs the drum, pull your leg back inside your shell.

### **Feather dancing**

Put on a CD or tape. Encourage children to listen to the music and then fly around the room as an eagle, thunderbird, raven or hummingbird.

### **Scarves and streamers**

Scarves and streamers are great for a hesitant child who may be more willing to wave a streamer to music than move her whole body. Try listening to a piece of slow music. Pretend the streamers are butterfly wings. Children curl up into small balls and pretend they are transforming into butterflies, spreading their beautiful wings to fly.

### **Animals and instruments**

Choose three animals with notably different movements (like a worm, a butterfly and a frog). Choose a different instrument to represent each animal (ex. shaker for worm, triangle for butterfly, and scraper for frog). When children hear you play the shaker, they pretend to be the worm. Children can help you choose the animals and the instruments.

### **Balloon**

Breathe in deeply, then blow it out, letting each breath get bigger and wider. Stretch out your body as much as you can with each breath. When you've blown yourself up as much as you can, let out all the air in a raspberry sound (like a balloon) and shrivel up to the ground.