

Activity

Movement Grab Bag

Pretending to be animals helps children discover new and energetic ways to move their bodies.

* Try This!

Use the animal cards to help children go from one activity to the next. Ask children to move like sleepy turtles when they are moving too quickly. If you need children to move faster, ask them to be “busy bees” so they can fly quickly to their coats before going outside.

Children will:

- < Get physically active, even during transition times
- < Become more aware of their bodies and how they move

Materials:

- < Index cards or small pieces of paper
- < Crayons
- < Old magazines
- < Glue
- < Paper bag

Ask children:

How do animals move? Which animals move fast? Which move slowly? Which animal is your favorite, and how does it move?

Activity:

1. Cut animal pictures from magazines and glue to index cards, or have children draw their own animal on an index card. Put all cards in a paper bag; now you have a Movement Grab Bag.
2. At different times during the day (perhaps when children are on the way to the dramatic play area or another center), ask a child to choose an animal card from the bag.
3. Call out the animal so that children can move like this animal. Help children to name the body parts they move.

