

Movement Possibilities

Sharla Dance, January 2009

Every child needs to move. Every child needs to move to learn (movement brain cells in a child often develop into thinking brain cells). In addition, each song has its own essence and feel that needs to be honored by the type of movements we use with the song.

Considering those facts...

What are some movements that will convey the essence and feel of the song, even when the children don't fully understand the words yet?

Please use the space below to take personal notes (perhaps even drawing pictures to describe the action) about the types of songs that work best with each of these movements. You'll find that some of them are best suited to quiet, gentle songs, and others are best suited to songs with stronger beats. Also write down whether this type of activity is best suited for older children or younger children.

Swaying (3/4 and 6/8) with freezes

Partner arm swings

Large group circle arm swings

Marching with directional changes (2/4 and 4/4)

Body rhythms and Partner Body Rhythms

Mirror Images

Magic Crayon

Waves of the Sea

Hand signs

Body Actions for Major Words of the Song

Hand Rhythm Actions

Movements that use Manipulatives – Remember that

1.) you will need to set boundaries for the children when they hold anything in their hands. My rule is that you have to use the object “appropriately” or they will not be able to join us in the activity (I take the object). Remember also that

2.) you will have a tiny bit of chaos and excitement as you pass things out and take things back in. Fortunately the children will have an attitude of excitement as they learn, especially if you can minimize the chaos by using the teachers, counselors, or your accompanist to help you pass things out or take things in.

Rhythm Instruments

(examples of these would be rhythm sticks, maracas, finger chimes, triangles, tambourines, jingle bells, tone blocks, guiros, sand blocks, shakers, etc.... groupings of these instruments would those that shake, those that ring, those that tap)

Scarves

Windwands

Paper Plate taps

Maori Sticks