

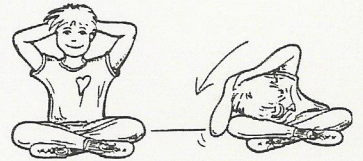
CHILLING OUT

Purpose - These activities help children relax while enhancing sensory motor skills. *Perform them as sloooooowwwwwlllllly as possible.*

Ding Dong Song - have children pretend that different parts of their bodies are the inside of a bell. As they move like bells, have them sing *ding-dong, ding-dong.*



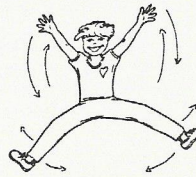
Scissors - Have children move different parts of their bodies like scissors. How many scissors can you find?



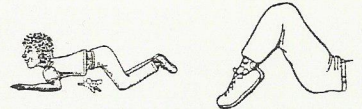
Playground Body - Have children move different parts of their bodies like see-saws, swings and merry-go-rounds. Sing see-saw, swing or round and round while doing this.



Angel Dance - Just like making angels in the snow.



Invisible Mouse - Have children lay on the floor and lift different body parts to let an invisible mouse run underneath them.



Rock Climbing - While laying on their stomachs or backs have children pretend to climb mountains.

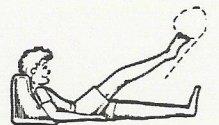
Body Sculpting - Have children make different letters or numbers with their bodies.



Clam Dance - While laying on their backs with their hands behind their head, have children close their shell by bringing their elbows and knees together over their body. Keep opening and closing their shell.



Foot Painting - While laying or sitting on the floor, have children paint pictures with their feet. (*moving from the ankles*)



Rock, sway or shake different parts of the body.

Stretch like different animals.

Lift legs up and down while laying on the stomach or back.

Hudontno - Ask children a question and have them respond by lifting their shoulder, turning their heads from side to side and saying "*Huh I don't know.*" Then give them the answer and have them tap their forehead, turning their head from side to side and saying, "*Wow I don't believe it.*" This is a great activity to use for telling jokes.

