

WARM-UPS

Purpose - These activities get children to move every part of their body to release muscular contractions and improve the circulation of blood, energy and nutrients. This makes them more alert and aware of their bodies.

Directions - Play some music and direct children in the following exercises:

Muscle Dance - Have children rub each part of their body then shake it all about.

Clapping Dance - Have children clap their hands many different ways.

a) Clap regular, over the head, behind the back, under each leg



b) Clap and walk, or clap and jump



c) Clap different body parts (shoulders, nose, ears, elbows, knees etc....)



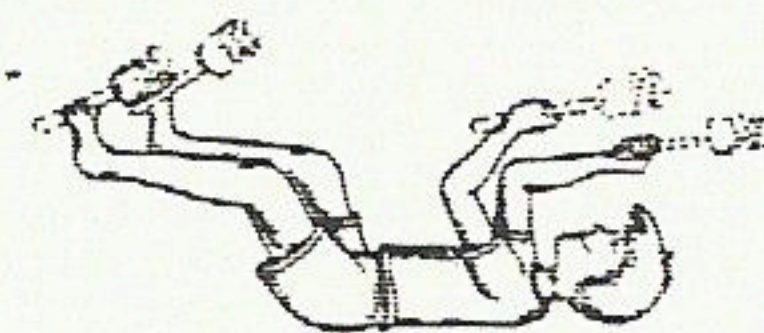
Wacky Waving - Have children wave to each other with different parts of the body. Start off by waving with individual body parts like the hands, shoulders, and knees, then work up to combinations like the head and shoulders, elbows and knees, and the whole body.



Crazy Conducting - Have children pretend to conduct an orchestra with different parts of their body.



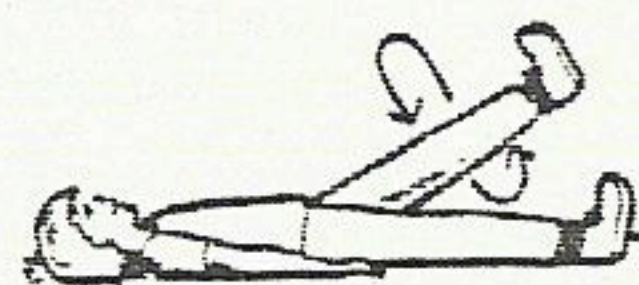
Painters Dance - Have children pretend to paint different shapes or pictures with different body parts.



Fine musicians - Have children pretend to play different musical instruments.



Big Circle Bop - Have children make circles with all their joints.



Tap Dancing - Have children tap dance with different parts of their bodies.

Puppet Dance - Have children pretend to be puppets on a string, and dance around the room.