

# Sticky/Smooth

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## Objective/Goal:

This is an introductory warm-up experience supporting creative representation. At the outcome of this experience, children will use their imaginations to create an appropriate way of releasing energy and relaxing.

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## Educational Impact:

- ✓ Vocabulary
  - ✓ Comprehension
  - ✓ Phonological awareness
  - ✓ Prediction
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## Procedure and Process:

### Experience Procedures:

Rub your hands together as you say "smooth," changing the inflection in your voice each time you repeat the word. Have the children say the word with you as you gesture.

*Rub your hands together and say  
SMOOOOOOOOOOTH.  
SMOOOOOOOOOOTH!!!  
SMOOOOOOOOOOOOTH!!!!!!!!!!!!*

You may say "smooth" as many times as you like. Generally, three or four times is most effective.

At an unexpected moment, say the word "sticky" and let your hands become stuck together. Work at pulling your hands apart as you pretend they are stuck. Release your hands and make a sound of relief, "AAAAAHHHH!!!!!"

*I wonder when it's going to get sticky...  
STICKY! STICKY!  
Pull hard! Try to get your hands apart.  
AAHHHHH!*

**Variation:**

Try the warm-up with different body parts: hand on knee; foot on foot; or hands on head. Get one of the children to say the word "sticky," using a leading question as a cue. For example, "What does chewing gum feel like? Or taffy? Or candy?"

**New Vocabulary Words:**

- Sticky
- Smooth

