

Moving Shapes

Developed by Wolf Trap Artists

Objective/Goal:

This is a movement introductory experience of warm-ups to prepare children for other activities.

Educational Impact:

- ✓ Listening
- ✓ Following directions
- ✓ Left and right orientation
- ✓ Drawing circles
- ✓ Counting
- ✓ Opposites



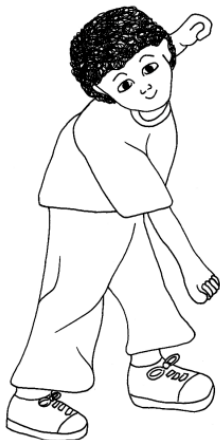
Suggestions for use with the *Songs for Singing and Learning* CDs:

- ✓ "This Old Man (Dixieland)"
- ✓ "This Old Man (Hot Samba)"

Materials Needed:

- ✓ Optional: drum or tambourine

Procedure and Process:



Give the children a movement command such as "walk," "move your whole body," or "crawl." Use a drum or tambourine to cue the children to "freeze" or "hold the shape." When the children stop moving, ask them what has happened to their bodies. Help them to determine that they have created a shape.

Then go back to the movement, encouraging them to hold whatever shapes their bodies are in when you call, "Shape!" When a movement is stopped in space, its shape is very clear. It may help to have the children imagine you are taking a photo. Tell them that their shape is the picture.

*We are going to walk around the room.
When you hear my drum beat two times, like this,
you stop and freeze in your space.
What shape did your body freeze into?
Look around you.
What other shapes do you see our friends have frozen into?
That looks like a V shape with your feet far apart.
Now let's think about what other shapes your body can make and let's move
around again.
Remember to walk and stop when my drum beats two times.
Let's go!*

Speed up the shapes or frozen statues by going from shape to shape, beating the drum or tambourine to change the cue. Encourage the children to change their shapes from high to low to use different body parts and to change the direction of their movements. This activity is good to do in groups, so that everyone can see different shapes.

Now add descriptive words to the shape. As leader, call out:

*You are so good at making body shapes.
Let's see if we can make a twisty shape this time.
Make a twisty shape, a big shape, a curvy shape, an open shape.*

This is a physical way to give meaning to these words. When the children are comfortable with these motions, you can add emotions to the shapes; suggest the children make a "happy shape" or "sad shape" or "angry shape". Remind them to use their whole bodies, not just their faces.

Variations:

Group Shape: A group shape is a way of making two or more individual shapes become one. Have the children start with a partner. Ask each child to create a shape and find a way to combine this shape with the partner's shape. Encourage them to change the group shape several times. Again, you may want to "take pictures" to help them freeze their shapes. You may wish to divide the class in half so that one group performs and the other is the audience. After one performance, switch groups.

*Now let's see if we can choose partners and make shapes together.
Karen, it looks like you want to make shapes with Chrissy.
I'll use my pretend camera and take your pictures when you freeze in partner
shapes.*