



Growing Flower

Equipment

- Open activity space
- Music (optional)

Activity Description

- Participants find an open activity space in the activity area.
- Participants pretend that they are a flower growing from a seed.

Growing Sequence

- Crouch down into a small seed
- The seeds start to grow and reach up towards the sun
- Extend your arms and stand tall
- The wind blows and your petals wave side to side in the breeze
- Droop forward (forward bend) when the plant is thirsty
- Extend and reach for the sun
- At night the flower closes its petals; in the morning it wakes up
- As cool weather comes the plant slowly crumbles to the ground
- Repeat as a different flower



Skills Explored

Balancing, bending, stretching, collapsing, swaying

Encourage...

- Participation
- Active movement
- Experimentation with different movements

Safety

- Space out the participants so they do not touch each other
- Encourage participants to stretch and reach with slow, controlled movements

Take Home...

- If a member of your family practises yoga, have them share the moves with the whole family. Modify poses to encourage participation from young children, for example, in Cat Pose, encourage younger children to make cat sounds instead of just breathing.
- See the Yoga Techniques for the Classroom Resource for more information at www.benefitforlife.ca

Variations...

- If age appropriate, have 1 to 3 participants be watering cans and move around the activity area watering the plants to grow. Once they have grown as tall as they can they slowly return to seeds. The waterers try to keep all plants watered.
- Instead of a flower, have participants pretend they are a tree with growing branches that leaf out in the spring and summer and then lose their leaves in autumn.





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Twist & Shout

Equipment

- Open activity space
- Music – Any music will do but “Twist and Shout” and “Let’s Twist Again” work well

Activity Description

- Participants spread out and move in a twisting motion while the music is playing. Twist in either a “high” plane of movement or a “low” plane of movement.
- When the leader calls out, “Shout!” everyone jumps up and then switches to either high or low or to a variation of the twist.



Skills Explored

Twisting, jumping

Encourage...

- Exploring high and low planes for twisting
- Tight belly
- Eyes are looking up, standing tall
- Imagine you are wringing out a cloth as you twist back and forth

Safety

- Start with a safe speed for twisting and build up to a faster twist
- Spread out so there is room to jump and twist without running into anything

Take Home...

Moving to music is a great way to encourage children to move freely. Play music with a variety of different rhythms to allow children to move and explore different speeds of movement.

Variations...

- Twist on one foot
- Twist with a partner

