

Movement Matters

November 2016

Play is the essence of childhood and is essential to child development.



Here are a couple of fun activities to try with your child at home.

Snail the Whale	Cozy Cocoon
<p>Fidgeting can be an outlet to help a child concentrate. Try this balancing activity to help settle your squirmer down.</p> <p>Tell the child the tale of “Snail the Whale”</p> <p>There once was a snail named Whale. Who couldn’t find the end of his tail. Three spins to the left... Three spins to the right... never failed to help Whale find his tail.</p> <p>Now make a game of it. Have the child get up and look for his tail. Follow the words of the poem and have some fun!</p>	<p>Spinning is great to help your child with balance. Spinning slowly is even better for the brain. Try this:</p> <p>Have a group hold hands and make a line. The line curls in a spiral - moving slowly. Spin around and around until you’ve formed a cozy cocoon. Now have the spiral move back to a straight line. Do all this while signing the Cozy Cocoon song (to the tune of “The Wheels on the Bus”)</p> <p>The caterpillar spins his cozy cocoon, cozy cocoon, cozy cocoon. The caterpillar spins his cozy cocoon so the butterfly can fly free!</p>

Interested in some more movement ideas? Check out these sites!

<http://articles.extension.org/pages/25802/play-activities-to-encourage-motor-development-in-child-care>

<http://www.angeliquefelix.com/blog/a-to-z-movement-activities-for-young-kids>

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