

# Exploring the body and space



<u>Target group</u>	3-6 years old
<u>Material</u>	None
<u>Procedure</u>	<p>This activity is a sensorimotor experience. It is an exercise to explore one's own body and surroundings. It is a drama activity.</p> <p>Tasks given to the group - 1st moment:</p> <ul style="list-style-type: none"> <li>- Clean up a window, first with the left arm and then the right arm;</li> <li>- Get on the floor belly up and do as if you were riding a bike;</li> <li>- Now, in the air draw a square with a first arm and then with the other;</li> <li>- Likewise, draw a circle with your feet;</li> </ul> <p>Tasks given to the group - 2nd moment:</p> <ul style="list-style-type: none"> <li>- Try to move like a cat, like a dove, like a robot, like a duck, like a stone, like a wave in the sea, like a snake, etc..</li> <li>- Imagine that you are beings who move with both hands on the floor and one foot, then the next try.</li> </ul> <p>Rules: the rule is only to follow the orders of the teacher and</p>

	<p>respect the comfort zone of the other participants.</p> <p>This activity should be done in an limited space and clean.</p>
<u>Variations</u>	<p>Suggested activities: sitting on the floor, perform various movements with the trunk; standing, perform rotational movements with the head; imagine that they rotate around an arc of your waist; imagine writing on the computer, join in groups four elements and pretend playing football, etc..</p> <p>The teacher can invent other ways to have the children move.</p>
<u>Aims</u>	<p>This activity is a drama component where you explore different ways of moving (different beings, real or imagined).</p> <p>Such activities develop agility, dexterity, imagination and creativity, which are essential components of their learning.</p> <p>Children become aware of their bodily limits and try to overcome them.</p> <p>They learn to respect the rules imposed to perform tasks.</p> <p>They learn that the body is an instrument of communication..</p>
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