

Moving Minds Movement Activity
 Small Group ELA
 Topic: Seed Planting

Ideas for follow-up	Movements	Target Skills
<p>Materials for group:</p> <ul style="list-style-type: none"> • Chair or low table to jump down from. • Masking tape to place "X" on floor to indicate where to land after jumping down. • Towel • Squirt bottle filled with water. <p>A large squirt bottle filled with water provides strengthening to a child's arms due to its weight.</p>	<p>Activity performed by 2-children at a time.</p> <ul style="list-style-type: none"> • One child is the "seed" and stands on the chair/low table. • Second child is the "farmer" who has the towel (dirt / soil), squirt bottle (water / rain) near him. • Farmer plants the seed by telling seed to "jump in the hole". • Seed jumps down and lays down so farmer can cover him with the towel (dirt). • The farmer using the squirt bottle, (3-squirts), to give the seed water. • The farmer clasps hands above his head pretending to give sunlight / light to the seed. • Farmer takes the towel away as the seed grows into a plant. • The seed that is now a plant, kneels and then knee walks away. • The 2-children switch roles. <p>The other children in the group, verbally cue the seed & farmer by saying jump down, cover with "dirt", seed needs water & light, then grow to a plant.</p>	<ul style="list-style-type: none"> • Reinforces seed planting by acting out. • Sequencing. • Works on vocabulary (seed, dirt/soil, water / rain, sunlight/ light, farmer). • Strength. • Balance. • Coordination.