

# Moving Minds Movement Supplement

January 2015

## Musical Shapes

(I'm Older than you Math in the preschool classroom pg. 16)

### Large Group Activity

Materials	Set-up	Activity	Target Skills
<ol style="list-style-type: none"><li>1. Large geometric shapes &amp; arranged in a circle on the floor.</li><li>2. Music player.</li><li>3. Yoga cards - 8-poses: Archer, Butterfly, Cat/Cow, Down Dog, Elephant, Jumping Frog, Quiet, Table.</li></ol>	<ul style="list-style-type: none"><li>• Shapes arranged in a circle on the floor.</li><li>• Adult prepares the CD player or IPOD to provide music.</li></ul>	<ul style="list-style-type: none"><li>• Children are told to walk only on the shapes while the music is playing.</li><li>• They stop walking when the music stops.</li><li>• Each child tells what shape he is standing on.</li><li>• Start the music again &amp; vary the movement by having children jump with 2-feet or 1-foot to each shape.</li><li>• End the activity, by having the children do 2-of the yoga poses, ("Table &amp; Quiet").</li></ul>	<ul style="list-style-type: none"><li>• Strength</li><li>• Balance</li><li>• Coordination</li><li>• listening</li></ul>

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