Learning to move, moving to learn: Activity 3

Setting up:

- A clear space where the adult and child can move their bodies to music.
- Calm, quiet music to enable slow movements

Key tips

• Prep the child and introduce the activity.

• Consider the music, maybe introduce new types of music (you can find lots of variety on you-tube)

• Three moves I have used in the video are:

-Picking apples from the tree and putting them in the basket

-Turning with a pizza and flipping it over your head

-Elbow to the opposite knee or hand to the opposite knee

- It may be helpful to repeat them several times to give the child an opportunity to observe and join in. Research brain gym to find out more information.

Introducing language:

- **Use limited language you may use,**
- **music**
- **slow**
- **move**
- **up/down/reach…**