



## GPOC HELPFUL HINT

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# MOVEMENT IN SELF-SPACE

In 2020 our teaching world was knocked upside down . For many of us, movement is a huge part of what we incorporate into every lesson . Kids need to move their bodies to stay engaged and have the most well-rounded musical experience possible . I have had success with modifying the following activities from the first volume of Shenanigans for students to do in one place in my room:

**Highway #1**-Have students “drive their car” on their dot (in their spot) and do the locomotor actions in one place

**The Longer the Faster**- Instead of playing the circle game, have students stand up and sit down on the triangle “ding.” They will be tired by the end! A good discussion about phrase!

**Seven Jumps**-Use stick figure cards or any movement shapes for the seven pauses. Walk and stomp in place alternating with the cards shown. Or have students make up their own shapes!

**Bear Dance**-Practice steady beat...teacher can be leader or students can take turn sharing where they want beat to be on their body

**Shoemaker’s Dance**-Follow directions, but skip in place when the “work is done!” Read a version of the Elves and the Shoemaker along with this song!