

Making body shapes



What we know

Children's growing awareness and control of their bodies can be guided into dance and creative movement.

Your child will often enjoy the challenge of finding more complicated ways to move and manage their body.

With encouragement and practice, your child's body will become stronger, more flexible and more mobile.

Combining movement and music can add an visual or dramatic element to this activity.

What to do

Make some shapes with your body and ask your child if they can do the same: small, tall, wide, low, spiky, straight, curved.

Make different shapes while holding hands with your child.

See what shapes you can make while touching feet, touching noses and touching elbows.

Take it in turns to name an object and make your body into the object: a mountain, a tree, a wall, a chair, a car, a rabbit.

Play some music that you enjoy while you do this. Using music allows your child to connect the body with music.



A book to read

Giraffes Can't Dance
by Giles Anrae



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Things to say

'What shapes can we make with our bodies? Let's try a circle!'
'If we join our bodies together we can make different shapes.'
'Can you make your body tall? Small? Wide? Curvy?'
'Let's make a rabbit!' 'A dog!' 'A mountain!' 'A chair!'
'Let's touch noses. What sort of shape are we making now?'