Sunrise to Sunset Stretches

Overview

Using a slow-paced story sequence can help promote gross motor skills in a calm relaxed approach. This activity draws on a sensory sequencing using alerting, organising, and calming movements. Repetition allows the children to learn the story and movements for a deep enhancing of the motor skills.



Activities

Invite the children to find a spot where they can be comfortable but able to move around for the movements. They may choose to use an exercise mat or carpet tile to sit on.

Tell the children we are going on a short story journey story. Use the script to set a gentle steady pace, allowing the children to explore and try out the movements.

Equipment

- Exercise mats/carpet tiles
- Story script
- Toys/cards to show which pose to do (Sun, Tree, rabbit, butterfly, cat, cow, snake, rock and hedgehog).

Key Questions

How does that make your body feel?
Can you move so you aren't so wobbly?

The Benefits

- Fine: working on hand-eye coordination, specifically body placement that in turn helps to manipulate and coordinate the body.
- Gross: a tight focus on strengthening the large muscles, postural control and proprioception.

Progression in Learning

- Infants – see supporting adapted script for non- walkers.
- Toddler – see supporting script for a super-interactive version to keep littler minds engaged.