



Level: Preschool

Cost: None

Mess factor: None

Suggested room in the house: Anywhere



Children will have fun learning the words *low* and *high* by moving their body or parts of their body to lower and higher levels. If you want to add another element, introduce song to the activity!

Your child will experience:

- Moving to music
- Singing
- Moving to directions
- Spatial awareness



Materials:

- Two pieces of paper (one paper will have the word *High* written on it and the other will have the word *Low*)
- Your child's favorite music

Beginning:

Start by telling children that you are going to dance with them, but there is a catch! They have to stay in one spot (this is called *non-locomotor* movement) while they move their body. Show them the piece of paper that says "High" and say "When you see this word you can stretch your body up high and move or you can show me how you would move a body part up high." Then show the word "Low" and tell children to move to a low position or make a body part move down low.



Middle:

Start the music and start moving so that children are encouraged to move as well. Let them get warmed up. It's ok if they want to move around for a bit. Once they are having fun, ask them to stand in one place. Tell them to get ready because you are going to show them a card and they will have to move at that level as they stay in that one spot. Keep moving and hold up a card; and tell them the word (*high* or *low*) if they can't read yet. As they move their body, provide encouragement like "Oh, yes! Your hands are way up *high!*" Make sure you are moving, too!



End:

Look for signs children are ready to stop the activity — signs like slower body movements, telling you they are tired, or only wanting to move their way instead of following the movement directions. When you are ready to stop the activity, tell children to listen for one last direction and then shout out "freeze!" Both of you will freeze, and then you can tell them they can stop dancing.

continued on next page



Cleanup:

Unless you choose to have your child move with an object like a beanbag or ball, there isn't anything to clean up.



Younger children:

- Let a young child move off the spot (locomotor movement) and just have fun dancing around.
- Lift children up and dance or move with them when you say "high."
- As children are moving, copy the way they move their body.
- Give young children something fun to move with, like their stuffed animal or a scarf.

Older children:



- Introduce a third word, *middle*. Have them move their body or body parts at a mid-level position.
- Encourage children to move with an object like a scarf or a ball at high and low levels.
- Have children travel around with their body or body parts at low or high levels.

Hints:

- Most children love music and enjoy moving their bodies. Give them freedom to choose whether they want to move at a high or low level, so they will stay with the activity.



More!

- Turn off the music and let children sing in a high voice or a low voice when they move their body to a new level.
- Ask them how they can move their feet to a high level!

Special Needs Accommodations:



- Children in a wheelchair can have their hands high or low, holding fun objects like scarves or bells.
- Children with limited movement abilities might enjoy listening to the music as an adult touches their body in high places like their ear or nose and low places like their toes.
- **Children with speech and language delays** might enjoy trying to shout out the level of movement. You could also ask them to say the name of the body part they are using. If they are not able to speak, then you would identify the body part and level on which they are moving.