



## MOVING MANIA

### RECOMMENDED AGE

#### GROUP:

- 5-7  
 8-10  
 11-12

#### ACTIVITY THEME:

Playing by the rules makes games fun!

### DURATION:

Prep Time: **5** minutes  
 Activity Time: **20** minutes

#### ACTIVITY PURPOSE:

Teach children to be aware of their surroundings. Teach children to understand that they are responsible for thinking about and preparing for safety when playing

### ACTIVITY GOALS:

- Learning each other's names  
 Team building and cooperation  
 Building trust  
 Learning a new skill  
 Embracing differences and accepting diversity  
 Other: Balance and co-operation. How rules make us safe

### EQUIPMENT:

- Paper (2 sheets per participant that are 3 times the size of their foot),
- Music.

## RESOURCES

#### ACTIVITY AREA:

This activity is suited for a gymnasium or large multi-purpose or activity room with ample room for children to move about freely and safely.

#### SAFETY:

Following the rules helps to keep everyone safe. Keep a safe distance from other participants when in motion.

## ACTIVITY DESCRIPTION & INSTRUCTION

#### ACTIVITY DESCRIPTION:

- ▶ Give each participant 2 pieces of paper then ask them to choose a spot in the room making sure that they are a good distance from each other. Have the children stretch out their arms to ensure they don't touch anyone else.
- ▶ Tell the participants to put their papers on the floor and to put one foot on top of each paper.
- ▶ Announce that to be safe they must be aware of their personal space, keep their heads up, avoid contact with others and be aware of their environment.
- ▶ Explain that when they hear the music, they must move around but CANNOT lift their feet from the papers or touch anyone else.
- ▶ When the music stops, they must complete a pose the leader calls out. For example, stand like a monkey, make the shape of an 'A' with your body, etc.
- ▶ When they begin to get comfortable moving on the papers, ask them to move a certain way. For example, twist, scoot, skate, scissor, twirl, shuffle along a floor line, etc. You will need to role model these movements.
- ▶ To enhance the activity, upper body movements (e.g. hands or shoulders) or sounds can be added to the other movements.

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**DISCUSSION POINTS: IMPORTANCE OF FOLLOWING RULES**

- ▶ Did the rules help you feel safe during this activity?
- ▶ Did the rules help you to have more fun?
- ▶ How do you feel when you feel safe?
- ▶ Are there any other rules we needed for this activity?
- ▶ What does safety FIRST mean?
- ▶ What do you do to make sure you are safe when you play at home?
- ▶ What might have happened if we weren't playing safely?

## ▶ GUIDED DIRECTION

- ▶ Ensure there is ample space between participants during the activity.
- ▶ When in motion, the participants should not walk towards or into one another.
- ▶ Participants will move slowly in response to the music but must be aware of the position of others at all times. Sight lines should be clear.
- ▶ Remind participants to keep their heads up so they know where others are moving.
- ▶ Ensure that all participants have an opportunity to contribute their ideas.

## ▶ TAKE HOME MESSAGES

We are learning about safety and your child's role in thinking about safety during play. Please talk to your children everyday about safety in their play:

- ▶ Discuss how feeling safe makes us feel protected and therefore more confident.
- ▶ Playing safely is easy and it's makes games more fun for everyone!

## ACCOMMODATIONS & CONSIDERATIONS:

*CONSIDER ALTERING  
YOUR INSTRUCTIONS AND  
MOVEMENTS SO THEY ARE  
APPROPRIATE FOR YOUR  
AMPUTEE & WHEELCHAIR  
PARTICIPANTS*