

Mission:

42. As If

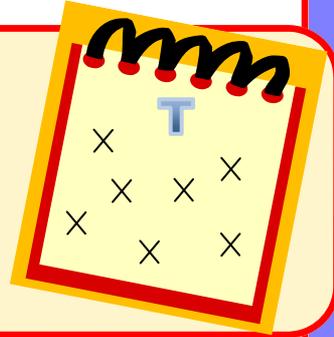
ORGANIZATION:

Music: N/A

Materials: No materials necessary.

Books: *Funny Walks* by Judy Hindley; *The Foot Book* by Dr. Seuss

Set up: Children just need enough space to move and perform actions.



This is a simple imagination activity that allows children to move in different ways when they have been sitting at large group for too long, or just need to release some extra energy. The children are standing and are asked to act out the following scenarios for approximately 30 seconds each:

- move as if a big scary bear is chasing you
- move as if you are walking through a big bowl of chocolate pudding
- jump in place as if you are popcorn popping
- reach up as if you are grabbing balloons out of the air
- march in place and play the drums as if you are in a marching band
- paint as if a paint brush is attached to your head
- swim as if you are in a giant pool of Jell-O
- move your feet as if you are skating

VARIATIONS:

Pair the children and ask them to act out their own imaginary scenario while their partner tries to guess what that might be. Take turns discussing their different scenarios. Change pairs often and let them use the same scenario with a different friend every time. Ask them how many friends guessed their scenario!

EXTRA
TIPS:

Remind them to stay in their self-space (personal bubble) as they might get extra excited.