

Everyday Multi-Sensory Creative Movement

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Circle Time Ideas:

Books with movement elements:

From Head to Toe (Eric Carle)

Snip Snap, What's That? (Mara Bergman)

Press Here (Herve Tullet)

The Was An Old Lady Who Swallowed Some Leaves (Lucille Colandro)--[use Yoga elements as you read!](#)

The Napping House (Audrey & Don Wood)--yoga story

Parachute/Stretchy Band songs:

Wiggy Wiggy Wiggles - Hap Palmer ([video of first half](#))

Bop 'Til You Drop - Greg and Steve ([video with song sample](#))

Songs that encourage movement:

[Laurie Berkner "Airplane Song"](#)

[Jbrary collection of Circle Time songs for all ages](#)

["Do the Bear Walk"](#)

Math concept activities:

Shapes Yoga

Patterning (clapping, tapping, stomping body movements)

Language concept activities:

Arm tapping/brushing with syllables (names, months of the year, etc.)

Parent Education Recources:

<https://www.psychologytoday.com/us/blog/freedom-learn/201404/risky-play-why-children-love-it-and-need-it>

[A Moving Child is a Learning Child](#) by Gill Connell