

# Social-Emotional Learning: Big Body Movements for Self-Regulation

## Learning Value:

This activity promotes development and learning by encouraging children to express, understand, and regulate emotions, use large muscles to move and balance their own body, and strengthen the vestibular system.

## Materials Needed:

- ▶ Paper e.g. construction or cardstock
- ▶ Writing and/or drawing utensils
- ▶ Computer images or pictures from a magazine
- ▶ Space to move



## Participants:

This activity is intended for adult/child interaction, and two or more participants/players, or individually.

## Directions:

- ▶ **Step 1:** Cut your paper into squares- making four squares or cards per page.
- ▶ **Step 2:** Find and print, cut out of a magazine, or draw various movement pictures on the squares/cards. Movements to use:
  - ✓ Hang upside down (from couch, bed, bench)
  - ✓ Spin in a circle for 10 seconds
  - ✓ Do ten windmills (standing tall, reach down with a hand to touch opposite side toe)
  - ✓ Jumping up and down
  - ✓ Walk an imaginary balance beam
  - ✓ Balance an object on your head
  - ✓ Log rolls (lay down and roll back and forth)
  - ✓ Jog in place
  - ✓ Jumping rope
  - ✓ Bear crawl
- ▶ **Step 3:** “Shuffle” the squares/cards and have your child draw one and complete the movement.
- ▶ **Step 4:** Change or add time/repetition to each activity as desired.

Bright Horizons.

World at Home