

Making & Moving Shapes - Pre-K- 5th Grade

Needed Materials: Space and music

Instructions: Before the activity, the teacher, student, or parent (whoever will lead the activity) must decide what shapes they would like to use for this activity. The shapes must be simple enough for the human body to imitate. Shapes such as a circle, lines, (up, down, diagonal, curved/straight, angular, twisted), triangle, ball, crab shapes, star shapes, etc. can be used.

Below are pictures with examples of shapes that can be used for this activity.

Next, spread the students out to make sure they have enough space around each other. Start with just a few shapes and as you call them out draw the shapes on a board, piece of paper, or use flash cards. Be sure to let some fun music play in the background and the teacher, student, or parent can call out the shapes for each student to try.

If students are unsure, you can show the students how to do the shapes and/or the leader can join in and try them together. Encourage creativity by instructing the students to try moving the shapes around the space or in place. To do the shapes in place encourage the students to try different levels like high to the sky, halfway down, or low to the ground. The students can try maintaining their shapes while dancing to music as well.

