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## Mindful Movement Activity I

# Here I Am, This is Me

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### Rationale

This activity helps children orient themselves, engendering feelings of support by developing a sense of safety and security within their environment and personal space.

Children explore their physical boundary and what it is to care and respect others, addressing both the child's autonomy and interdependence. As they investigate and imagine responding to their world, children cultivate a sense of agency of ideas.

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### Instructions

Invite children to find a space inside the room or preferably take children outside for this activity.

Read aloud to children:

Stand still with your hands by your side.

1. Close your eyes and listen to what you can hear. Can you hear a voice, the wind, a bird, a car? Say what you hear. Now, see if you can move like one of the sounds you hear.
2. This time with your eyes open. Look down at the ground. What do you see? Say what you see. Can you make the shape on the ground of what it is you can see - the mat, a bug, a leaf or mark? Repeat this looking up at the ceiling or sky.
3. Can put those three shapes together and move from one to the next? ie. a passing car, leaf shape on the floor, a floating cloud.
4. Now, lie down on the ground. Reach your arms and legs out as far as you can, like a starfish. Now gather them back in, legs together and arms by your side. This time stretch them up into the sky and then back to the ground. Do this a few times, noticing how stretchy you are. This is you and the space around you.
5. Now stand up and see if you can touch the very ends of your fingers to the ends of someone else's. Make a big line across the room with your fingers touching, can you make the line move like a gentle ripple on the ocean?



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