

LESSON PLAN 2 - MOVEMENT

Objectives: To experience being 'quiet inside' through music
To express their feeling through movement

Materials: CD player, Soothing song (e.g. Silent Night from Love Actually soundtrack or KAMAL - Reiki Whale Song (both on i-Tunes)

Duration: 10 - 20 mins

1.

Children concentrate and listen to a soothing song

Children listen quietly with their heads on desks to a recording of soothing song e.g. Silent Night. After the music is over, ask children to describe how the music made them feel? (Answers will be: "sleepy", "calm", "smooth", etc.)

2.

Teacher models quiet movements to the music

Play the music again. Children stand and face you. Move your arms slowly in various directions and children mirror your movements. After awhile, try repeating the movements you made for one section every time the section of music repeats.

3.

Children work in groups to create their own dance routine

Next, tell the class that they will now work in small groups to create their own movements to the song. Divide the class into groups of four. Explain they can do any movements together in small circles throughout the room, except that all their movements must be slow.

4.

Children share their routines with the rest of the class

Children sit in their places and ask for groups to volunteer one by one to show what they have made. Peers evaluate the performances. What did you like about the performance? Teachers can choose the best performance to perform at Just this Day assembly on the 23rd of November!