

Ten Active Movement Ideas for Mat-time

Pass the Parcel

– Wrap up a small present and on the outside of each layer write a movement e.g. run, walk, hop. Play the music and when the music stops the child who is holding the parcel has to unwrap the layer and move like the action says around the outside of the circle.

Finger Catch

– Suitable for older children. Children sit in a circle, with one hand placed out - palm up and the other hand their index finger rests in the child's palm next to them. The aim is on the word go for each child to close their palm and catch the child's finger resting in their palm while trying to take their own finger from the next child's palm as soon as possible. Encourages concentration, bilateral movement and coordination

Pass the balloon

– Children sit in a circle. Inflate a balloon but don't tie the top, children have to pass the balloon around holding onto the top without letting all the air come out. Good for fine motor development.

Memory Mat

- Laminate different pictures and place on a board e.g. photos of car, house, dog, plane, ball etc - ask child to touch the pictures in a specific order. This helps to develop short term memory. Remember make it easy to start with so children enjoy the feeling of success.

Picture cards

- Use pictures to encourage children to make different shapes with their bodies.

Heads shoulders knees and toes on different levels, standing up, sitting down, lying down

Pass the bean bag around the circle, Music from Tessarose Look at me I'm moving Volume 2

Ripping Newspaper in time to music

Rhythm sticks:

Tapping sticks - Tessarose Look at me I'm moving Parachutes and More
Old Red Wagon - Tessarose Look at me I'm Moving Parachutes and More
Happy sticks - Tessarose look at me I'm Moving Volume 1

Old McMessage

– Get children sitting in a line like a train or in a circle. Children massage the child in front of them using the actions as described in the song. Tessa Rose Look at me I'm Moving Volume 1. If you do not have the music sing Old MacDonald had a restaurant (instead of a farm) and in that restaurant he had a chef (chop, chop), he had a baker (roll, roll), he had a dishwasher, (swish, swish), he had a cleaner (wipe, wipe). Repeat each action as a verse and in between verse stroke down the back to prepare for the next action.



The Mice Story by Tanya Batt

Children sit in a circle with their shoes off and stay sitting for the whole story moving only their feet.

Once upon a time there were two mice and they were fast asleep, snoring
Legs stretched out in front on the body, toes pointed down to the floor and flexing back towards the chest to the rhythm of the snores.

One little mouse woke up and said "hooray, what shall we do today?"
Lift right leg and shake.

He tried to wake his friend, "Wake up, wake up!"
Tap left leg with right leg

He tried to wake him again
Tap left leg with right leg

And the mouse jumped up "Hooray"
Lift left foot into the air and return to the floor

"Hooray" said her friend what shall we do today
Turn feet towards each other and wriggle each foot as it speaks

"Let's go to the zoo, but first lets do our exercises."

So the two little mice went point and flex and point and flex
Point and Flex feet

Round and around and around and around and then the other way.
Ankle rotations (turn feet in small circles from the ankle) of both feet in both directions.

Then in and out and in and out and in and out.
In a sitting position jump feet apart and then back together again three times

And then off they set
They went walk, walk, walk, and walk. Skippity-hop, skippity-hop, jump, jump, jump, jump. Stop! (x2)

They walk along and bump straight into a tree.
Lift feet up and bump into something

They look around the tree and decide to climb up, one climbs up
Lift foot up as though it is walking up a tree

And so does the other one
Walk other foot up

They decide to go out across a branch one goes one way and the other the opposite way
Open legs as though on different branches

The wind starts to blow
Move both legs from side to side

And the mice get a little scared so they go back to the trunk of the tree
Move legs back together

They run down the tree. Run, run, run, run, run and all the way home.
Run down the tree and a stationary run on the floor in a sitting position.

And when they reached home, they jumped into bed and it wasn't long before you could hear them snoring.
Legs resting on the floor as toes point and flex to the rhythm of the snoring.

