

## **Creative Movement for Babies: PLACE** **Self-Space and General Space**

**Song!** "Saturday Night" (Dance around in general space during the chorus, and self space as you explore moving different body parts)

Everybody Loves Saturday Night!

Mom loves it, Dad loves it

Everybody Loves Saturday Night!

Everybody Loves shakin' their hips! (repeat 3X)

Chorus

Everybody loves kickin' their feet! (repeat 3X)

Chorus

Everybody loves... make up your own movement ideas!! (repeat!)

Play with Ways of Learning! Use little moments with your child to reinforce the concept of PLACE, self and general through the multiple intelligences

**Visual/spatial:** make a homemade pull-toy with a stuffed animal

**Kinesthetic:** make paper "feet" for your child to follow

**Aural:** hide a kitchen timer and ask your child to find the tick-tick

**Logical/math:** force bulbs indoors and watch them grow

**Nature:** make 'smell' jars with recycled containers with a hole poked in the top. Put different things in them, like lemons, peppermint gum, cinnamon sticks and let your child investigate the scent and identify

**Musical:** Try "Everybody Loves Saturday Night" different ways

**Emotional:** Play "dress-up" with boys and girls. It's a wonderful way to explore role-playing and individuality. Yards of fabric make an inexpensive and inexhaustible source of costumes. Family members may get a kick out of contributing old gloves, bags, hats, etc.

**Practical Life:** Children will begin to want to dress themselves. Choosing and putting on clothes is an important, albeit slow, process!

**Developmental Movement Tidbit:** Babies and Toddlers explore PLACE, self-space and general space, all the time! In the beginning, babies will enjoy a gentle introduction to the idea of self-space, since they've been so recently in the womb! Natural play, movement and physical interaction don't cause anxiety in little babies: instead, this kind of healthy interaction affords your tiny one a new way to bond and appreciate relating to you. As babies mature into exploring little people, they tend to push out into the world by seeing how everything reacts when grasped, tugged, or put in their mouths! Imagine a greater world where things - and your baby means everything -- not only has a sight, sound or smell, but a texture and a taste! What about the emerging person, the older baby or toddler who is exploring his/her boundaries? We may think of these things in terms of negative behavior: hair pulling, biting, hitting, screaming, pushing - all natural, if irritating, parts of testing boundaries for the little person -- And your gentle reminders that we all have to take care of each other will help your child to understand that s/he is part of a greater community, namely yours. Approaching the idea of Self Space/General Space through a variety of ways of learning can assist even the smallest children in gaining an understanding not only of their bodies at rest and at play, but can help them to develop attention, focus and a gentle, safe approach with others.