

Rhyme! Experiment with making curvy, angular, twisted or straight shapes!
 The Rooster's On the Woodpile
 Blowing his horn,
 The cow is in the barn
 A-threshing (or "stomping") on the corn.
 The maid (or "child") is in the meadow
 Gathering the hay
 The ducks in the river
 Are swimming away!
 (Traditional, UK)

Silly Song! "Grandma, Grandma"
 Grandma Grandma, sick in bed.
 Called the doctor and the doctor said:
 "Better get the curvy in her head" (move your head in a circle) REPEAT 3X
 "Better get the twisted in her back" (make twisty shapes with your spine)
 "Better get the straight in her arms" (poke arms out straight)
 "Better get the zig-zag in her knees" (bend your knees) ETC
 (Traditional, summer camp, circa 1982.)

Ways of Learning! At-home ideas for you to try to reinforce the concept of SHAPE:

Visual/spatial/logical/math: make a homemade shape-sorting jar or box

Kinesthetic: experiment with Positive and Negative space - make a shape and see if your child can fill in the gaps in space that you made, then reverse.

Aural: Try a traditional rhyme and play with shapes to help learn new words. Traditional rhymes flex kids' imaginations and vocabulary building skills.

Logical/math: Even small kids may enjoy playing matching games, and shapes can be easier for them to grasp than letters and numbers.

Emotional/Nature: Go on a little walk to collect different shapes - even if it's just around your home. Find rocks, shells, plants or flowers and enjoy a talk about shapes.

Musical: Try a familiar song, adding lots of gross-motor shaping.

Practical Life: See if you and your little one can make a snack together using every shape!
 Delicious!

Developmental Movement Idea: Turning is a locomotor activity that exercises many of the neuro-receptors responsible for developing greater balance and coordination.

As adults, we may find we become disoriented when turning. Part of this has to do with our eyes not focusing on a fixed point, which can be disorienting to our aging brains! But smaller children don't have this inherent response. Gentle turning with moments to pause and acclimate (like turning and making a shape) actually acclimates their young bodies and brains not only to changes in the physical orientation in space, but it also lays the foundation for greater visual processing and body-centering ability. Here's an old dancer's trick: for greater stability and confidence while turning, try crawling across the floor on your belly first. As an experiment, try it first without and then crawl and see what happens to your balance and focus! You may be amazed how much babies know!!