

Celebrate Children!

Rediscover the Child in You



Playing is Learning!

Exercise your mirth muscles, let your hair down, and allow your inner child to come out and play! Join Sharron as she shares a cornucopia of practical and playful ideas; including music, movement and creative activities to help you live, love, laugh, and learn with children. Discover how to create a nourishing environment where children and adults can flourish and reach their potential.

Introductions & Greetings:

1. T-E-N-S

- T = Touch = Shake your neighbors hand
- E = Eyes = Look your neighbor in the eyes
- N = Name = "Hi, my name is _____."
- S = Smile

2. Snickelfritz Partners Switch

Children find a partner, introduce themselves to each other with T-E-N-S, and stand back to back. The teacher calls out a body part and partners turn around to face each other and touch the body part mentioned. For example, the teacher might say, "Hands to Hands." The partners turn around, face each other, and touch hands to hands. When the teacher says another body part, the partners then put those body parts together (releasing the previous body parts). Whenever the teacher says, "Snickelfritz Partners Switch," all players must hurry and find a new partner. With the new partner, they do a T-E-N-S introduction and then stand back to back ready to listen. Play resumes with the teacher calling out different body parts. Other body parts to call out: Shoulder to Shoulder, Knee to Knee, Hip to Hip, Elbow to Elbow, Ankle to Ankle, Side to Side, Toes to Toes.

Giving the command, "Snickelfritz Partners Switch" frequently gives children a chance to interact with all members in the group as they have to find a different partner every time.

There is no right or wrong way to connect body parts to each other. Point out the different ways that partners completed the challenge. The teacher may give the same command twice in a row to keep the players alert. Avoid calls such as Head to Head, since the passing of head lice is a possibility. A fun way to end the game is to give the command, "Hug to Hug," as teacher says, "Thanks for playing the game with me."

Challenge older children to each touch the different body parts called out. For example, the teacher might say, "Ear to Knee." One child will place his/her ear to the partner's knee. Other commands may include: Foot to Hip, Ankle to Hand, Ear to Shoulder, Hand to Knee, Head to Foot, Elbow to Shoulder, Hand to Foot, Cheek to Shoulder, Foot to Elbow, Hip to Shoulder.

3. Build A Bridge --Song: *Build A Bridge* by Angela Russ (CD: "Smart Moves 2")

Sharron Krull

Teacher • Trainer • Author •
Play Guru • Consultant

2831 Lakeview Drive
Santa Cruz, CA 95062

Office: 831-713-5323
Mobile: 925-980-8353
Fax: 831-713-5324

sharronkrull@gmail.com

www.SharronKrull.com



Socialization

What Do You Remember Most About School?

ER = Endorphin Release

Mother Goonie Bird (Tune: "Father Abraham")

Chorus:

Mother Goonie Bird had seven chicks.

Seven chicks had Mother Goonie Bird.

They couldn't fly (flap arms at sides of body like flying)

They couldn't swim (move arms as if swimming)

They could only go like this...

Hit chest with right fist and sing chorus

Add: left fist

Add: right foot

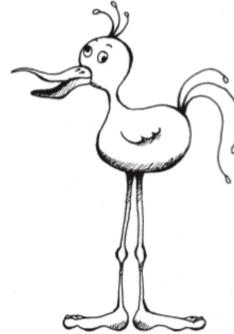
Add: left foot

Add: hips

Add: head

Add: turn yourself around

End with "ker-plop!" as you sit or fall down on the floor



Fish Frame of Mind

Play

Be There

Make Their Day

Choose Your Attitude

Meeting Core Content Standards

The Three Little Pigs Dramatization

Closing Balloons Celebration:

Musical Balloons

One balloon per child

When the music starts, children are to stand up and keep the balloon in the air using their hands. When the music stops, children are to catch their balloon and sit down right where they are. As the game continues, with the starting and stopping of music, I give the children further physical "challenges" asking them to keep the balloon up in the air with different body parts--"Can you keep the balloon up in the air with ...one finger, an elbow, knee, a foot, your head?" Be creative! The game ends when the music stops.

Volley Balloons

One balloon per two children

Pairs must link elbows, leaving one hand free to bat or volley the balloon back and forth between them, as they travel around the room. Challenge partners to count how many times they hit the balloon. The game starts and stops with the music.



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Partner Balloons

One balloon per two children

The object of this game is for each pair of children to travel around the room with a balloon stationary between them using any part of their bodies but not their hands. First demonstrate the game with another person. Show them that they can touch each other—arms around waist, link arms, hands on shoulders—but they cannot touch or hold the balloon in place with their hands. When the music starts, the game begins. When the music stops, the game stops. Stop the music after a minute or two and ask the children to try traveling with the balloon using different body parts this time—head to head, back to back, hip to hip, etc. Start the music again. Get ready for giggles!

Cooperative Balloons

One balloon per six to ten children

Children stand in a circle holding hands. One child starts the game by batting the balloon in the air above the group and links hands again with the children on either side of them. Children are to keep the balloon in the air using any body part while keeping their hands connected. The game starts and stops with the music.

Resources:

- Brown, Stuart. *Play: How It Shapes the Brain, Opens the Imagination and Invigorates the Soul*
- Carey, William. *Understanding Your Child's Temperament*
- Celsi, Teresa. *The Fourth Little Pig*
- Community Playthings. *The Wisdom of Play: How Children Learn to Make Sense of the World*
- Elkind, David. *The Power of Play: How Spontaneous, Imaginative Activities Lead to Happier, Healthier Children*
- Galinsky, Ellen. *The Seven Essential Life Skills Every Child Needs*
- Hannaford, Carla. *Smart Moves: Why Learning Is Not All In Your Head*
- Healy, Jane. *Your Child's Growing Mind: Brain Development and Learning From Birth to Adolescence*
- Healy, Jane. *Different Learners: Identifying, Preventing, and Treating Your Child's Learning Problems*
- Hirsh-Pasek, K. & Golinkoff, R. M. *Einstein Never Used Flash Cards: How Our Children Really Learn and Why They Need to Play More and Memorize Less*
- Krull, Sharron. *Play Power: Games & Activities for Young Children DVD*
www.sharronkrull.com
- Louv, Richard. *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*
- Lundin, S. C., Paul, H., & Christensen, J. *FISH! Catch the Energy & Release the Potential*
- Medina, John. *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School*
- Ratey, John. *SPARK: The Revolutionary New Science of Exercise and the Brain*
- Zigler, E. F., Singer, D. G. & Bishop-Josef, S. J. (Eds.) *CHILDREN'S PLAY: The Roots of Reading*

www.AbridgeClub.com (Song: *Build A Bridge* by Angela Russ)

www.cde.ca.gov/be/st/ss (California State Board of Education Content Standards)

www.discountschoolsupply.com (Discount School Supply)

www.gregandsteve.com (Song: *The Three Little Pigs*)



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