

## How Will I Go?

*For ages 3-6.*

*This Game Improves:*

Listening/Auditory Processing

Rhythm

Balance/body awareness/coordination

Imagination

Imitation/visual processing

This game can be used as a warmup as well. Start by everyone standing in a circle. Explain the game in a very simple manner and demonstrate by being first. Tell everyone you want them to have fun and do their best.

Begin the chant (everyone joins):

*"I'm going to [\*Dance Class, dance class, dance class]*

*I'm going to [dance class] how will I go?*

Each child takes a turn answering first by speaking then in a chant & acting out how they will go, as the others join in:

*SPEAKING: "I'm going to ride a bike!"*

*CHANTING: "I'm going to ride my bike, my bike, my bike, ... going to ride a bike that's how I will go."*

\*The brackets [     ] can hold any phrase or place to go. (See examples/Ideas)

EXAMPLES/IDEAS:

Going out to play

Going to Yoga

Going to math...[or science, lunch, etc.]

Going on vacation

Going to the zoo [act out animal movements]

Going to the Beach

Going to grandma's

Going to the playground

Going to the mountains

Going to the library

*Movements can include but are not limited to:*

"Going to...." :

ride my bike

going to dance [ can do individual steps]

swim

walk [like a girl, like a boy, an elephant, bear, giraffe, turtle, etc.]

skip

hop

leap

row my boat

fly my airplane

march

jump

climb the tall grass  
walk on my tippy toes  
sway like a tree  
twist my shoulders  
shake my hands  
jazz hands  
smile really big  
stomp my feet  
ice skate  
walk backwards

The teacher can also lead this game for the very young instead by suggesting movements to each child in turn. Use your best judgement as to the abilities of the children. Its ok to challenge them, but be sure to include movements that are easy so they can feel succesful. Children with sensory processing issues need to have more time to process directions and move their body. Praise effort whenever possible for ALL children.

Game is over when everyone has had a turn.

This game can be expanded once the children play one or two rounds. Expand by adding thrid part of chant:

(children can continue the bicycle or hopping movement as they chant:)

*"What will I do when I get there, get there, get there?"*

*What will I do when I get there? What should I do?*

The children can then act out what they will do and chant again:

*"Going to [eat a sandwich, a sandwich, a sandwich,]"*

*going to eat a sandwich that's what I will do!"*

(See other Ideas)

IDEAS:

Eat a sandwich

swim some more

play baseball

do a silly dance

go fishing

feed the animals

rake the leaves

build a castle

dig a hole

play hopscotch

roar like a lion

hop like a kangaroo

meow like a cat

laugh very quietly

stomp very loudly

tiptoe softly

take a bow

blow out birthday candles (pretend to hold a cupcake in hand and "blow out candles")

sing a song

say the alphabet

count to 10 backwards

spell my name

etc....

*\*IMPORTANT:* be sure that the activities/motions match what the child is able to do.

(EX: be sure they can spell their name if that is one of the teacher-suggested actions.)

If a child becomes withdrawn it could be for many reasons, such as they don't understand the directions or that the game is moving too quickly for them to process.

its ok to let them sit out until they feel more comfortable. Gently encourage participation without pressuring. You could even suggest that you "help" them think of something. Sometimes all that is needed is a little confidence.

If the game is played in the spirit of fun, most kids will want to join in. Emphasize "doing your best" instead of "trying". ("Trying" implies that the child is failing and will not motivate them to participate for fear of failure. Use "Do your best and have fun" instead.)

Please contact me with questions!

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