

The feet dance

* on the chair

Hard and soft

When I give the signal, stamp your feet hard on the ground. Then tiptoe very softly on your toes. You will hear a very soft sound. Now stamp, but not hard, and tiptoe, but not soft, make a sound in between hard and soft.



* on the chair
* in groups

Slow and fast

We now stamp hard and soft in a different tempo:

- stamping hard: slow
- tiptoeing soft: fast
- in between the two
- stamping hard: fast
- tiptoeing soft: slow
- in between the two

Can you hear the differences between the three?

Stamp slower and slower and slower, until the sound dies away completely...

Signalling

Squeezing firmly and softly

Take one another's hand. You begin giving signals by squeezing the hand of the person sitting next to you: firm-firm-soft. He/she passes this signal on to the next person, who in turn does the same. I write a code on the board (e.g. firm, firm, soft, firm). One child begins to pass this code on in signals. The rest try to understand what the message is!



April

Hard and soft,
fast and slow.

Theme: opposites

Calendar 3

* child by child
* on the chair



The shoe dance

Different shoes

Do slippers dance hard or soft? And how do wellington boots, ballet shoes, gym shoes, high heels, mountain boots and tap shoes dance? Let us see and hear what kind of shoes you have on.



Different rhythm

How do you walk in light springy shoes such as training shoes? And how do you walk in heavy boots? Let us hear you dance the shoe dance with your feet. Continually change the rhythm as you dance.

Shoe dance

I tap the beat and name the shoes. All of the class make the sound of a gym shoe, high heel or heavy boot. End the shoe dance with a hard stamp, so that after a single loud crash everything becomes completely quiet.



Hard and soft, what are you holding?

Take a couple of hard and soft objects from your bag and lay them on the desk.

I will call them out:

- with your right hand take a soft object
- with your left hand take a hard object
- with your left hand take a soft object
- with your right hand take a hard object

Pass it on

This involves movements:

- raise your left hand, holding the object up
- pass it on to the right
- pass it over your head to your right hand
- pass it behind your back to your left hand

Hard and soft, what are you?

Feel it

What is hard and what is soft on your own body? Feel your body to see. Are you feeling with your fingertips or with your entire hand?



Cold in April

In April it can still be very cold. Are you cold now? Rub yourself to warm up. Begin with your foot and your leg, then rub the other foot and leg. Your back, tummy, shoulders, hands... Rubbing this way will warm your body up. Do you feel everything tingle?



Hot in April

It can suddenly become hot in April. The heat makes you feel very sluggish. You do everything in a very slow tempo. With your right hand, grab your left arm, which is completely limp. Lay this arm on the desk, on your head or on your lap. Also put your legs down with your hands. Then grab your right arm with your left hand. How are you now sitting on your chair?

