

Creative Movement for Older Babies and Toddlers: WEIGHT

Ideas to relate the concepts of WEIGHT to the multiple intelligences:

- Visual/
Spatial: Crafty! Glue pictures. Use non-toxic glue colored with a bit of food coloring to drip lightly or strongly onto paper. (You could decorate these beautiful creations with light or strong shapes and textures!)
- Kinesthetic: Magic goo! Totally fun gooey mess for feeling the concept of weight: What happens if I press it strongly? Does it resist? What if I tickle it lightly? This might be one for the bathtub or the kitchen floor...but it is so fun it's worth it! Recipe: One box cornstarch, water to make *goo* consistency, food coloring for added zesty fun.
- Linguistic/
aural: "Let's pretend" Give your child a series of aural instructions, like, "let's pretend we're rabbits. Can you hop like a rabbit? Let's pretend we're elephants. Can you stomp like an elephant? Let's pretend we're little ladybugs. Can you crawl like a ladybug?"
- Logical/
math: Crafty! Tiny architectural engineers may delight in building structures and there are lots of mediums you can use together to explore making strong and light shapes: garbanzos and toothpicks, play-do and popsicle sticks, peanut butter and carrot sticks, coffee stirrers and clay. Younger babies can try doing this too, using paper towel or toilet tissue rolls that are threaded together with a piece of yarn.
- Spiritual/
nature: Crafty! Paint a nifty rock (found in the park, on a hike or in a gift shop or craft store) and talk about its strong and light characteristics. Use the lovely piece in your home or child's play environment!
- Musical: Song!
Monkey see, monkey do (*hands on hips, rocking*)
Monkey does the same as you (*point to a friend*)
We're going to clap, clap our hands
We're going to clap, clap our hands
We're going to stomp, stomp our feet
We're going to wave, wave our fingers
We're going to kick, kick our legs
(*alternate strong and light movement ideas*)
- Emotional: Bathing a doll: Give your child a small basin with soapy water, a small washcloth and a doll (washable) to bathe. Help your child to explore the feeling of weight and supporting another's weight as you care for him or her. Children love this game!
- Practical life: Are there things we do each day or around the house that need a 'light' touch? Could your baby or toddler help you with these? Children may enjoy dusting a mirror or window lightly, or helping you dry a cup or saucer. They seem to light up when they get the chance to understand another piece of our adult world.
- Extra fun for
around town Bridges are neat! When you are out and about in your community, you and your child can stop and enjoy the way the things around us, like bridges, are both light and strong. What makes them this way? Can you make a bridge? How? How will you balance? What makes a bridge special?

Don't forget: We're online! Check out www.sparkplugdance.org for more fun ideas and class updates!