

Expressive Arts

Activity Card



Energise!

What you will need: Space—garden/park/ big room

What to do:

To the tune '*If you're happy and you know it*' sing action words such as; run around, run around, run around, run around, run around, run around, run around, run around...sit down...stand up again...run around run around run around.

Other Actions: Jump, spin, stamp, roll, gallop, travel around (in own way)

Tips:

1. This is lovely as a playdate or children's party activity
2. The sitting break can help to ground children and gives a predictable break.
3. If the standing up and sitting down is not appropriate then use 'be still', 'have a cuddle' or 'stop' instead.

