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## DEVELOPING RANGE OF MOVEMENT

BEGIN SIMPLY AND BUILD ON IT

***Finger plays which are used in most kindergarten classrooms can become a dance experience. Fingers and hands “act out” songs and rhymes such as “Open-Shut Them.”***

“Open-shut them, open-shut them,  
give a little clap.  
Open-shut them, open-shut them,  
Place them in your lap.”

What other body part can you open and close? Your arms! Good! Let's everyone do it. What other body part can you open and close? Your shoulders! Show us . . . . Now everyone do it. Wonderful! What other body part? . . . . nose . . . . legs . . . . eyes . . . . neck . . . . mouth . . . . ***Or whatever else the children suggest. And they do propose some unusual ideas. If you can't figure out how the nose or neck can open or close just ask the children. They usually have a way.***

Now the whole body. Let's find a way to open and close our whole body from a standing position.

That's wonderful! Look at all the different ways you are finding to open and close your body.

