

EIGHT ACTIVE MOVEMENT IDEAS FOR MAT TIME

Paint Box Game

Sit everybody in a circle and Teacher explains "There is a large paint box in the middle of the circle, can you see it? The colour of the paint is red. Red is like a fire engine. Now all we need is a paint brush and we can paint the room! Can you take your hands, come put them in the red paint and then go and paint the doors?" -Continue the game by nominating a child to think of a colour and a body part to use as a paint brush. Then choose somewhere in the room to paint that colour. Adapt whether the child thinks of colour, body part and part of room to paint depending on their level of understanding.

Moving to a Story

Choose a book with lots of pictures or actions. As you read out the story get the children to act out the scene. For example if the story is about a lion, ask the children to leap like a lion across the room.

Story Book Turn the Page

Ask the children to lie down on their backs. Read the story aloud to the children. Ask them to roll over when you turn the page. Roll back the other way on the next page turn. You could adapt this by asking the children to jump up when you turn the page and then sit back down on the next page turn.

Sneak Up

One person is in; this could be the teacher to start with. Everybody else has to try and sneak up to touch this person. When the 'in' person turns around everyone tries to be like statues. If they move they are sent back to the start, the point is to emphasis stopping.

Feather Catch

Children sit in a circle; throw all feathers up into the air. Ask the children to watch the feathers and when they all touch the ground crawl into the circle and pick up one feather. Ask the children to throw their feathers up into the air, try to blow them or try to catch the feather before it touches the floor. Repeat.

Hide and Seek

Take three boxes or tea towels and a few small toy items. Place the toy items one at a time under one of the boxes/tea towels. Ask the children to watch where the toys are placed and covered. Once covered ask the children to say where each toy is. Start with only one or two objects. You may need to start with toy sticking a little bit out to make it easier.

Magic Blanket Time

Take a blanket and shake it, asking the children to come "its magic blanket" time. Place the blanket down for the children to either sit on or sit around. Have a picnic lunch, a snack, read a story to the children or play a quiet activity during this time. It is great way to settle the children down for some quiet time.

Follow the Leader

At first the teacher can be the leader doing different actions for the children to follow and then ask a child to lead and come up with their own actions for others to follow. This can be done children moving around the mat or sitting and moving quietly.

