

DEL Early Childhood Spring Time Planting Dance Recipe

Introduction/Theme: Spring Time Planting Dance

Gather children in a circle on the rug after guiding them through focusing warm up. Reference a planting lesson or activity done in the classroom, i.e. planting seeds, flower rubbing, making tissue paper flowers on pipe cleaners, cultivating a worm warm, etc. Read an inspiring early childhood planting book. Give children time to talk about planting, seeds, and plant growth using some of the following guiding questions:

- What do seeds look like?
- What shape do they have? What size are they?
- Where do seeds come from?
- How do seeds travel to find a good planting spot?
- Which way do roots grow? How do roots grow?
- What happens to flower seeds once they start growing roots?
- Which direction do plants grow?
- What shape do plants and flowers have?

Generate Thematic Action Words: Revisit guiding questions. Scribe children's responses. Circle the action words.

Tumble - Ground - Flip - Float - Fly - Round - Wide - Sprout - Grow - Roots - Down - Stretch - Pop - Shoot -
Sunshine - Water - Up - Poke - Spring - Open - Bloom - Blossom - Travel

Exploration: Choose three actions words from list to explore.

Travel (Pick a more specific travel word that the children come up with): Start in a seed shape. Is your seed up high in the sky on a tall tree, settled in the soil low to the ground, snug in an animals belly on a mid level? Think about how seeds can travel to their planting spot. Can you travel around the space without knocking into a seed neighbor? Let's try traveling in slow motion, now how about super speed? Can we try traveling down low, what about up high? Or even on a mid level? Try traveling on a straight pathway. Now try a curvy pathway. Travel in a way I haven't seen before. Surprise yourself! Travel towards a seed friend. Travel away from your seed friend. Travel with a friend - how can you travel with a seed friend? Now freeze in a good planting spot on a low level.

Stretch: After rain and sunshine, you start to sprout your roots that stretch deep into the earth. Who can show me how to stretch your roots? Can you stretch your arms? Can you stretch your legs? What about your back, elbows, head? Stretch a body part I didn't mention. I notice that James is stretching his feet? Can everyone try James' stretch? Try stretching in front of your body. Or behind, beside, above, below, through. Stretch towards a friend, stretch away from a friend, and with a friend.

Grow: Who can show me how to grow towards the sunshine? Can you grow different body parts. How about your arms or legs? What other body parts can grow? Can you grow in super slow motion? Can you grow down low? Can you grow from low to high in the sky towards the sun? Can you try growing into a wide flower shape? What about a narrow tall shape or a twisted plant shape? How about a round bush shape? Can you show me a way to grow I have never seen before? Can everybody try Brady's grow? When I strike the drum can you freeze in your favorite plant or flower shape?

Create Movement Sentence: Travel Stretch Grow

Write action words on a sentence strip. Guide children to say movement sentence while pointing to each word. Have children repeat it on their own. Ask for a volunteer to try the movement sentence. Guide the entire group through the movement sentence. Repeat.

Development and Sharing:

Perform Planting Dance Travel Stretch Grow in small groups. Remind children to start in a still seed shape and end in a still flower/plant shape. Children who are not performing will be the audience with quiet bodies, looking eyes, and listening ears.

Reflection: Use prompting questions/statements to encourage children to begin talking about what they see; i.e - If you saw your friends stretching their arms, put a thumb up. If you saw Ralph's wide flower shape, touch your nose etc.

Relaxation:

Will all the seedlings find a spot on the rug that isn't too close to a neighbor? Lie on your backs and be very still - feel the sunshine. Close your eyes and dream of your favorite kind of flower or plant - think about what color it is, think about what shape it has? How does it smell? Feel the petals against your skin. (Go around and gently place a real flower by each child's face so they can smell the scent and feel the petals). Smile at the sun shining down on your flowery face. Take a deep breath and let it out slowly through your mouth keeping your body quiet. When your body feels quiet and calm, slowly open your sleepy seedling eyes and sit up in a comfortable position look around the space and smile and make eye contact with your fellow seedling friends.