

“Head Movements”

Ages 3 and Up

- ✓ Coordination
- ✓ Imagination
- ✓ Gross Motor Skills

■ ■ ■ ■ Aim:

- To demonstrate coordination by moving one’s head in a variety of motions.
- To develop imagination by pretending to be different animals, birds, or things while moving one’s head around.
- To strengthen gross motor skills while moving the head and keeping other body parts still.

■ ■ ■ ■ Benefits to Child:

This activity provides a great opportunity to combine imagination with gross motor development of the head and neck region. Children will enjoy pretending to be different birds or animals as they move their heads in a variety of ways. Some movements will also help strengthen their coordination.

■ ■ ■ ■ Music:

- No music needed, but simple background music if desired.

■ ■ ■ ■ Materials:

- No materials needed.

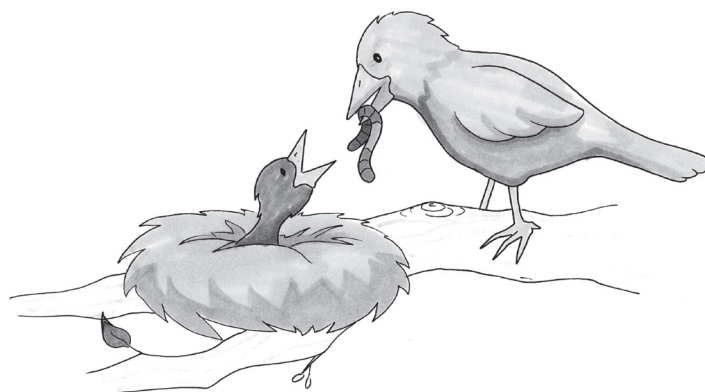
■ ■ ■ ■ Activity Description:

Gather the children in a large circle on the floor. Explain to the children that they will be using their imaginations to act out different things while they move their heads in different ways. Exploring like this will help them see the range of motion their head is capable of doing.

Tell the children, “First, let’s get started by warming up our head and neck.”

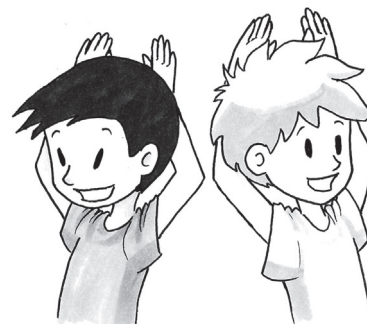
- ❖ Turn your head from side to side, as if you’re saying, “No.”
- ❖ Then slowly shake your head up and down, as if you’re saying, “Yes.”
- ❖ Tilt your head over to your right as if trying to touch your ear to your shoulder, and then do the same over to your left shoulder.
- ❖ Let’s make a circle with our head by first bringing our chin to our chest and then slowly moving our head to the right and around in a circle till our chin is back at our chest.

Guide the children in acting out the following movements with their head, while in a seated position and keeping the rest of their bodies still. It might be helpful to demonstrate how some of these actions/ movements might look if the children have trouble doing them.



Imagine you are:

1. A baby bird looking up at its mother and waiting for food – look up toward the ceiling and open mouth for food.
2. A woodpecker looking for food in a tree trunk – rapidly move your head forward and back as if tapping on the trunk of a tree with your nose (beak).
3. Imagine your head is a merry-go-round – move your head so that your chin comes down to your chest and then move it all the way around, so your chin faces up to the ceiling and continues around till your chin comes to your chest again. Repeat in the opposite direction.
4. A bunny listening and looking out for people approaching – put hands up at the back of your head, like bunny ears, and move head straight up as high as it will go as if looking above the grass and then pop it back down to avoid being seen.
5. A clock ticking to a constant beat – tilt your head from side to side, slowly as if a big grandfather clock, somewhat faster for a clock on the shelf, and very fast for the second hand on a wall clock.
6. An owl looking all around to protect its nest – turn head around as far as it can go to the right and then turn all the way around to the left. Do this slowly!
7. A dog shaking a toy in its mouth – shake your head from side to side quickly and vigorously.
8. A boy with a butterfly net following a butterfly – move your head in random, quick movements.



Variation(s):

Ask the children to generate ideas of other animal or bird movements to be acted out using their head and neck. Encourage the children to think of the way people move, and imitate using those movements using their head and neck.