

SKIN WAKE UP

Making funny sounds and pulling funny faces, this activity will wake up our skin, muscles, and bones. Inspired by summertime, we will pretend to put on suntan lotion from head to toe. This refreshing exercise not only wakes up our imagination, but it gets us connected to the rest of our group.

Special Note to Parents and Caregivers: This video is great for starting the day or for getting revitalized after eating lunch. Participants will practice using simple touches and stretches that help them stay in the moment, improve flagging energy, and connect with others. The shared vocal exercise described below is a fun way to build camaraderie between you and your child, their siblings, or friends. It also enhances turn-taking and self-regulation skills as well as the child's ability to read the social cues of others.

PREPARATION

Personal Show and Tell

Say your name and show how you feel right this minute using one of the following movements:

- Reach your arms up to the sky if you feel *amazing*.
- Put your hands on your hips if you feel *fine*.
- Put your hands on your knees if you're feeling *a little low*.

People can show how they feel at the same time or take turns, one by one.

Suggested variation: instead of using your hands, use your thumb to point up, to the side, or down.

What is the day today? // Student Handout

This exercise talks about summertime. Let's describe today.

- What day of the week is it?
- What month is it?
- What season are we in?
- Is it warm or cold outside?
- Bonus questions: Is it somebody's birthday today? Is it a holiday?

FOLLOW UP

Greet the Sun

Following the physical warm-up, we can celebrate the sun (or the rain, or the snow, or the falling leaves) with our bodies and voices. Joint vocal practices stimulate us and help us connect to the group. As each person takes a turn, the group repeats it back to them.

- "Hello, sunshine!"
- "Good morning, sun!"
- "Hi, sunny!"
- ...insert your own sunny greeting here!