

THE SHAKE OUT

Shaking out our hands, feet, limbs, hips, and head can help us feel calmer and more centered. Shaking out together can have a similar effect on an entire group!

Special Note to Parents and Caregivers: Practicing big and small movements helps us improve our balance and gait, which in turn helps us to move more safely through the world. When we use gross (large) motor movements and fine (small) motor movements help, we strengthen our proprioception: our sense of how we are moving and our ability to slow down or speed up our movements as our bodies allow. When we feed ourselves, take a step, touch our nose with our eyes closed, or turn our heads to find the source of a noise, we are using proprioception. It underpins so much of how we move that it's sometimes called "the sixth sense."

PREPARATION

Check Your Space

Make sure you have plenty of personal space so you don't accidentally hit or kick furniture or others. Do you need balance support? Walls, chairs, and tables are all helpful balance partners.

Counting Like a Dancer

The Shake Out is a great way to reinforce counting. When we watch the video, Kelly will lead us in counting and moving, so let's practice just the counting part first.

- Practice counting/clapping from one to eight, repeating that four times.
- Then count from one to four. Again, repeat that four times.
- Thirdly, count only one-two. Repeat that four times.
- And lastly, count only to one. Repeat four times.

FOLLOW UP

A Moment of Stillness

- As you stand or sit, hold your body as still as possible.
- Place your hands in the middle of the chest (what we call the "heartspace") and notice your heartbeat. What does it feel like? Does it have a sound? Does it remind you of a drum, a motor, a fluttering bird, or something else?
- Is your heart beating faster or slower than before we did the Shake Out?

Shake Out - Student Handout

Students can process their experience with the Shake Out by answering questions and testing their number pattern recognition.