BODY MACHINES!

Create an imaginary machine with your body. Everyone plays an important role in making your machine move together!

LEARN TOGETHER

Through this activity, children are practicing key social skills like cooperation, listening and co-planning while learning patterns and rhythm.

MATERIALS

• Videos or pictures of machines
• Plastic lids
• Cardboard
• Pillows
• Blankets
• Boxes
• Various toys

MOVE TOGETHER

1. Look up videos and pictures of different machines like bulldozers, cranes, or factory equipment. You can look online or in a children’s book. What are your favorites? How do these machines move? Can you move like that?

2. Now use your imagination to create your own machine with your body. What does your machine do? How does your machine move?

3. Use props like plastic lids, cardboard, pillows, blankets, boxes and toys to demonstrate how your machine works.

4. How many different machines can everyone make? Can you all make your different machines work together?

5. Stand shoulder to shoulder in order of oldest to youngest or shortest to tallest. One at a time make your machine go.

6. Try it fast, try it slow. Try it super fast, try it super slow!

7. For an added challenge, try with different kinds of music. How does the different music change the speed of your machine?

For more fun activities, please go to cmom.org/resources