



BODY MACHINES!

IDEAL AGE: all

*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?



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cmom.org/resources

