



EM49



10-15 minutes



- ❖ A small mirror
- ❖ An audience of teddies or family members
- ❖ 'Chanson du Matin' by E. Elgar (available on YouTube) for 'The Sun Wakes Up' performance
- ❖ 'Bolero' by Maurice Ravel - string quartet (available on YouTube) for the 'Sunny Bunnies' performance



Use rabbit ears/masks or face paints for the 'Sunny Bunnies' activity

SUNNY BUNNIES



To introduce expressive movements for representing 'spring sunshine' and 'Sunny Bunnies'
 To encourage your child to choose their own expressive movements
 To move freely and fluently using the whole body



Note: Choose a bright, sunny day for this session (important for the 'Sunny Bunny' activity).

Play 'The Sun Wakes Up':

Start in a squatting position. Say these words and perform the actions, and encourage your child to join in:

Wake up, wake up golden sun

Stand up very slowly, till you are on tiptoes, arms stretched above head.

The morning of the year has come

Stretch your arms to the sides and swing them from side to side, with open hands.

Golden rays shine here, shine there

Turn on the spot, fluttering your fingers to 'spread the warmth'.

Spreading spring warmth everywhere.

Ask your child to think of other expressive movements to represent 'the spring sun spreading warmth' and encourage them to show you their ideas.

Now put on a mini performance for your audience - play the 'Chanson du Matin' music and act out expressive movements together but with no words. Let your child lead with an expressive movement of their choice to end the performance.

Play 'Melting Icicles'

Ask your child to pretend that they are an icicle and encourage them to 'melt'. Let them practise a bit and then show them some expressive movements they could use and encourage them to join in with you: hold your body rigid with tense muscles and arms pressed tightly to your sides, and form fingers into tight fists; then do some expressive movements for representing the ice melting: gradually relax your rigid posture, lower yourself towards the ground, then squat, and finally turn into a 'puddle' - lie on your back on the floor, arms and legs spread out.

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Your child can use their own and your expressive movements for representing 'spring sunshine'.
Your child can use their own and your expressive movements for pretending to be a 'Sunny Bunny'.



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SUNNY BUNNIES – continued



Ask them to think of other expressive movements for representing icicles and for 'melting', and encourage them to show you their ideas. For example, they might hold arms in different positions – stretched upwards, out to the sides, hands on hips; curl up into a little ball (a 'drop of water') before rolling along the floor and finally lying down to pretend to be a puddle.

Play the game 'Sunny Bunnies':

Explain to your child that 'Sunny Bunnies' is, in some countries/cultures, the name given to patches of sunlight reflected on the ceiling. Hold your mirror so that it reflects sunlight and makes patches of light appear on your ceiling and walls. Move it around so that your child 'chases' the reflection, and as you do so, chant this rhyme:

Rabbits hopping here and there

Rabbits jumping everywhere.

Hopping briskly,

Hopping slowly,

Can you see them over there?

Now ask your child to move around the room like a 'Sunny Bunny'. Let them practise using their own ideas first and then show them some expressive movements, encouraging them to join in with you; run briskly from one place to the other; jump from one place to the other with your hands above your head; stretch your arms to the sides; 'sparkle and flash' by shaking your hands.

Finally put on another mini performance for your audience – play the 'Bolero' music and act out expressive movements for 'Sunny Bunnies' together but with no words. Let your child lead with an expressive movement of their choice to end the performance, as before.