

Shape Song Stretch Break

This is an activity for one or more people.

Goal: Make shapes with your body

You will need:

- Your imagination

What to do:

- Make these shapes with your body:
 - Line
 - Circle
 - Square
 - Triangle
- Make each shape more than one way.
- Make each shape more than one size.

Other things to try:

- Try making other shapes with your body.
- With a partner, decide on a shape to make. Make the shape together.
- Make a shape with your body. Ask someone to guess what shape you made.
- Create a shape dance and teach it to someone.
- Use your body to create a shape pattern. Start with a simple AB pattern like circle, triangle, circle, triangle. What other patterns can you create? Show someone the shape pattern you created. Ask them what shape comes next.

