

# Snowflake Movement Game

**Begin with all children lying in a circle on their backs with their heads in the middle and their arms along their sides.**

Tell the children to:

- reach out and hold hands with neighbors on either side
- spread legs apart and touch feet with neighbors on either side
- move into boat pose, then raise arms and hold hands with neighbors
- scoot away from center of circle, lie flat on backs with their head toward the center of the circle and stretch arms overhead-straight into the center of the circle
- with arms still above head, reach out and grab hands with your neighbor, then spread legs out wide to touch feet with your neighbor
- still holding hands above head, pull knees into chest and then every one drop your knees to the right. Switch sides and drop your knees to the left
- Still holding hands above head, bring the soles of the feet together, letting knees drop out to the sides

**Begin with all children lying in a circle on their stomachs with their heads in the middle and their arms along their sides.**

Tell the children to:

- raise their arms out into the middle of the circle and then lift legs and arms off of the ground (like Superman)
- with arms and legs still lifted, reach out and hold hands with neighbors on either side and spread legs apart to touch feet with neighbors on either side
- rest back down onto their tummies and then place hands on floor under chest. Push up on hands to lift chest off the ground
- come into all fours position and raise their right legs behind them and their left arms out in front of them, then switch sides

**Begin with all children standing in a circle standing arms length apart.**

Tell the children to:

- reach out and hold hands with their neighbors
- raise hands overhead
- with hands still raised overhead, stretch legs out wide to touch feet with neighbors
- while still holding hands, reach hands into middle of the circle and step feet back together
- keep holding hands with their neighbors in the middle of the circle and stretch one leg back behind them, then switch legs