

Kinesthetic Learning
Creative Movement in the Classroom
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Movement is an integral part of human development. The first interaction with the world is through the moving body – prebirth, before perceptions are distinguished, preverbal.... Children move naturally and benefit from the experience of using this natural impulse to explore themselves, others and the world around them. Movement provides a primary medium for expression involving the total self – whole being. The use of Movement in the classroom enhances learning by providing physical, emotional and aesthetic levels of attention awareness.

“The Movement sense” is vital to life-it enables people to feel, interpret, coordinate and craft physical experiences.

We create a welcoming and safe environment in which to explore and “dare” to try something different, possibly stretching one’s comfort zone – discover the joy of movement along with other benefits of using the whole body as a learning tool.

Children respond to order and movement activities have an inherent order: warm up the body and breathing dimensionally, before moving into space with spatial orientation, participate in directed activities, release, center and closure to a session. Movement centered activities are like Problem Solving: guided and free exploration, discovery; selection and refining through practice and repetition; invent and improvise; perform. The following is a format with the fundamental elements using Creative Movement for expression, communication, social interaction, emotional catharsis and physical integration:

Elements: Warm-up: Name games

Breathing: in-out, up-down, widening and
narrowing, expanding and contracting

Body parts: inner-outer, arms, legs, neck, spine, torso, hands, feet,
ankles, shoulders...

Vertical: Levels: upper-lower

Horizontal: side-side, extravert-introvert
Sagittal: front body-back body
Anatomy, muscles, bones, lungs, neurons
Heart
Kinesphere

Rhythm: Internal -external
Beat Rhythms
Life cycle patterns
Speed: fast and slow continuum/awareness

Qualities of movement: Force: Strong-light
Space: Wide-narrow
Time: Fast-slow
Flow: Smooth-sporadic

Locomotive: Moving through space, around the room

Interactional: in relation to others: dyads-groups

Expressive: story, motivated by words or images

Communicative: nonverbal communication, sign language,
“telephone”

Styles of Dance: Elements, Ethnic, Cultural,
Period pieces

Cool Down: Reflect, recreate, relax, recenter,
rejuvenate, rejoin, rejoice...

Movement Ritual

Direction:	Up-Down Out-In Forward-Back
Geometry:	Vertical Horizontal Sagittal
Dynamics:	Weight: Strong-Light Spatial: Wide-Narrow Time: Slow-Quick
Dimensions:	Power: Rise-Fall Social: Extravert-Introvert Time: Future-History
Spiritual:	Heaven-Earth (Ethereal - grounded) Horizon-inner space (personal sphere) Setting goals-legacy
Interactional:	Parallel, conversational Connecting, reacting Shadowing, guiding
Breath:	Dimensional Breathing Can you hold three dimensions? WHOLENESS

Creative Movement Activities and resources

Movement Awareness

Body Awareness: body parts, body inventory

People to people – switch partners

Head, Shoulders, Knees and Toes

Pretzels, yoga postures

Stretching Body Mechanics

Strengthening

Balancing

Freeze Dance

Rope Activities: over, under, zigzag, limbo, slalom, jump rope

Move in different lines across the floor: straight, curve, zigzag, weaving, falling, turning, twisting, hopping, leaping, jumping

Motor patterns: walking, running, skipping, galloping, hopping, spinning, jumping, twirling, falling, rising, rolling, creeping, crawling, scooting, crabbing, sliding, gliding, twisting, swinging, freezing, balancing, marching, hitch kicking, jump turning.....

Relaxation: Breathing, melting, alignment, imagery...

Aladdin: magic carpet adventure

Animals: can you move like a cat, dog, monkey, duck, bird, elephant, ...

Bridges: across the bridge, under the bridge, around, and through

Red light Green Light yellow (slow) modulated speeds

Statues

Thumper

Wonder Ball

Mirrors

Echoes

Line Dances

Balls: rolling, bouncing, dodging, catching, targeting, twirling

Hoops: in-out, around, through, jump rope, hoolahoop, leap frog, patterns on the floor, directional movement: forward sideways, backwards, tunnels, hop-the-hoop

Directions: Leading-following, taking turns, forward-backward-sideways, upward, downward, truing, right-left, action leg/working side, directions of the stage/room, orientation in space....

Parachute: take a ride, spin, peak-a-boo, popcorn, waves, under, colors, around and around...

Creative walks

Creative relays

Rolling and tumbelsaults

Shake your sillies

Name games: Old shoes, New Shoes, ____ is wearing colored shoes, 1,2,3 & 4
gently tap them on the floor; Pass the name, Pass the
movement; chain together as a dance...

Movement gossip/add on and pass the movement

Bean Bag boogies

Body Machines

Magic scarves

Butterflies, flutterfly

Cultural Dances: Chicken, Mayim, Macarena, Town Jive (south African), Irish
Tap, Grapevine (Greek), Cowboy shuffle, Hawaiian Hoola,
Russian Cossacks, Indian, Japanese Kabuki, Clogging, Native
American Tribal Dances....

Funny Feet

Twist

Animate the moment – make up a song, poem, dance. Look for action in what
you are reading, act it out, use it as a jumping off point

Always finish a session with a sincere appreciation for what you have shared –
good wishes.... Recentering, take a deep breath and
acknowledge moving on.

Bibliography – many books, articles, videos, sites; many years of collecting. If
you are interested in having more information contact me.