

Movement Vignettes

Big Wave – Gergana Minkova

For expansion and contraction—

The tide comes in and the tide goes out,
The tide comes in and the tide goes out,
The tide comes in and the tide goes out,
But when the big wave comes, we run right out!

Movement directions: *Everyone holds hands as the circle contracts toward the center and then expands outwards. When the big wave comes, the children may run around and away from the circle but are called back with the repetition of this verse.*

Grandpa Frog – Gergana Minkova

Near the pond is Grandpa Frog
with two babies standing by.

Grandpa shows the babies
how to catch a fly:

One halibut

Two tadpoles

And one fly for lunch.

Then the babies try.

In squatting position, knees outside of elbows

Hands placed diagonally on the floor

Hands pointing straight forward on the floor

Hop straight up, hands reach up and clap over head

Same movements only smaller

Gergana Minkova is an early childhood teacher at West Side Waldorf School, CA.

Gathering Nuts – Lincoln Kinnicutt

There was once a squirrel with much to do
He had to collect nuts for winter, two by two.

Sometimes nuts from the top of the tree
Would fall down just as light as can be.

Sometimes nuts from the top of the tree
Would drop down just as hard as can be.

Down and around went the squirrel
All the way to the ground
And stuffed his cheeks
With nuts
Without a sound.

He dug them in the ground
And patted them just so.

Then back up the tree he went
And curled up in his nest,
Rocking and swaying,
Just so he could rest.

*Stretch arms up as a tall tree
Lightly touch from head to toe
Stretch arms up as a tall tree
Thump hands on the ground*

*Twirl around
Crouch on the ground
Puff up cheeks*

*Motion of digging in the ground
Pat the floor*

Grasp knees with the arms

Rock back and forth

Lincoln Kinnicutt is an early childhood teacher at Potomac Crescent Waldorf School, VA, and Washington Waldorf School in Washington, DC.

Noisy Storm – Jennie Salyer

This circle vignette is to help the child feel him- or herself into the limbs and body before beginning focused, deliberate movement. This imagination also has wonderful sounds to engage the child's interested listening.

Boom, bang, boom, bang.	<i>Stomp feet</i>
Rumpety, lumpety, bump	<i>Clap hands</i>
Zoom, zam, zoom, zam	<i>Slap thighs</i>
Clippety, clappety, clump	<i>Stomp feet</i>
Rustles and bustles	<i>Rub hands together</i>
And swishes and zings!	<i>Slap thighs</i>
What wonderful noises a thunderstorm brings!	

Fairy Dance – Jennie Salyer

In the East, a castle was filled with golden light	<i>Raise hands in circle above head</i>
A fairy ball for one and all was to be held that night	<i>Spin once on tiptoes</i>
The fairy folk all cleaned the hall	<i>Rub hands together, palms parallel to floor</i>
And dress all to a "T"	<i>Fingers touch top of head</i>
Suits and dresses, curling tresses	<i>Rub arms, legs and twirl fingers in hair next to face</i>
From the biggest to the most tiny.	<i>Stand on tiptoes, stretching up, the Crouch down to touch the floor.</i>
One little fairy (say a child's name)	
Curled up in a rosebud for a rest	<i>Wrap arms around body, squat down, tuck head</i>
While her brothers and her sisters prepared for the guests	<i>Sweeping motion, shifting weight from side to side</i>
When the clock struck nine,	<i>Count to nine while clapping</i>
The guests came through the door	<i>Dancing, swinging arms, shifting weight side-to-side</i>
The rosebud uncurled to take a look	
And "plop" (say child's name) fell to the floor.	<i>Squat down and touch floor</i>
The little fairy began to cry	
And said, "I'm not ready for the ball!"	<i>Fists to eyes, rubbing to suggest crying</i>
A wise one gave a wink and in a blink	<i>Wink</i>
He/she was the fairest one of all!	<i>Spin once and jump</i>

Jennie Salyer is a lead Kindergarten teacher at Santa Fe Waldorf School.