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

Fairy Dance – Jennie Salyer

In the East, a castle was filled with golden light
A fairy ball for one and all was to be held that night
The fairy folk all cleaned the hall
And dress all to a “T”
Suits and dresses, curling tresses
From the biggest to the most tiny.

One little fairy (say a child’s name)
Curled up in a rosebud for a rest
While her brothers and her sisters prepared for the guests
When the clock struck nine,
The guests came through the door
The rosebud uncurled to take a look
And “plop” (say child’s name) fell to the floor.
The little fairy began to cry
And said, “I’m not ready for the ball!”
A wise one gave a wink and in a blink
He/she was the fairest one of all!

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