

# MAGIC MOVEMENT



## EQUIPMENT >>>

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- ✓ Common objects to act as a “Magical Implement” (e.g., piece of paper, piece of fabric, tissue, etc.)
- ✓ Music of varying tempos and genres

## SET UP >>>

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- ✓ Participants stand a safe distance apart from each other in the activity area.

## ACTIVITY >>>

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- ✓ Move with the Magical Implement to the beat of the music. For example, leaders may move the instrument up and down, from side to side, in a circle, etc.
- ✓ Participants interpret the movement of the Magical Implement with their bodies.
- ✓ A new activity leader is selected to move the Magical Implement in a new way.
- ✓ Each participant takes a turn with the Magical Implement during the activity.
- ✓ Vary the music and Magical Implement during the activity.