

**Objectives**

- Starting and stopping
- Auditory discrimination
- Spatial relationships

**Teaching Tips**

- When giving instructions, tell children when you want to do something before telling them what you want them to do (i.e., "When you hear 'Go!' walk around your spot.>").
- When children show they can move safely in the neighborhood, prompt them to walk

**SEL Competencies****Self-Awareness**

Self-confidence

**Self-Management**

Self-discipline

**Relationship Skills**

Social engagement

**READY**

- 1 [spot marker](#) per child
- 4 [cones](#) for boundaries
- [Musical ASAPs - #3 and #4](#)
- SPARK EC Music CD ([or SPARKfamily.org](#)) and player

**SET**

- Create activity area.
- Scatter spot markers within area.
- Review personal space and boundaries.
- Send children to stand on spot markers.

**GO!****1. Musical ASAP**

- "Motion Memory Goodbye Game" (*Teach Musical ASAP #3.*)

**2. Starting and Stopping on Cue**

- When you hear, "Go!" (*or music starts*) walk around your spot.
- (*Start with verbal cues, then introduce music cues.*)
- When you hear, "Freeze," (*or music stops*) show that you can stop quickly and freeze like a statue.

**3. Travel! Go Home!**

- Let's play Travel! Go Home!
- The spot you're standing on is called your home. Your home is 1 of many in our neighborhood.
- On the count of 3, can you shout the color of your home?
- The cones show the sides of our neighborhood. We are going to move without popping our bubbles.
- Turn and wave to a neighbor near you. Turn the other way and wave to a different neighbor.
- When you hear, "Travel!" take your bubble with you and safely walk in our neighborhood.
- When you hear, "Go Home!" walk back to your home.
- Travel! Go Home! (*Practice several times, each with longer exploration periods.*)
- Can you walk with your hands way up high stretched to the sky? Travel! Go Home!
- Can you walk with your hands on your knees? Travel! Go Home!

**4. Musical ASAP**

- "Dance Freeze" (*Teach Musical ASAP #4.*)



# Starting and Stopping

## Reflection Questions

- Can you reach to the sky, out front, to the side, and down?
- When you stand on your spot, where are you? (*Home*)
- What do you do when you hear the word "Go"? When you hear the word "Freeze"?

## Academic Integration

### Science

Lead a discussion on the many different things children might see as they walk through their neighborhood (trees, flowers, animals, etc.)

## The Right Fit

### Limited Space

- Give children a non-locomotor movement on "Travel!" cue and march in place on "Go Home!" cue.

### Variation

- Play Travel! Go Home! using musical stop and start signals in place of verbal cues. This can be especially helpful to children having difficulty shifting attention from action to listening, or moving to stopping.

### Inclusive Strategy

- Praise children who "go home" on cue to encourage others to do the same.

## Family Fun

### Freeze Dance

Dance with your child to lively music. Stop the music every 10-20 seconds and freeze like a statue until the music starts again.

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## Teacher Reflection

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