

TUTTI FRUTTI

This activity builds on the previous activity's storytelling skills and combines it with movement. Get ready to be silly!

NO MATERIALS NEEDED

Stories engage our curiosity, emotions, and imagination. They introduce us to different worlds and allow us to experiment with being someone or something else. Through movement, we can express ourselves without words, release our feelings and energy, and have fun! Movement also helps us to connect to ourselves and our bodies.

BEST FOR CHILDREN AGED

1.5–3 YEARS



STEP 1 Ask your child to think of their favourite 'thing'. It could be a colour, food, or animal or something else -- just one thing. Now, tell them that when they hear the magic word "Abracadabra" they will transform into their chosen 'thing'! So, if your child says their favourite thing is a rose, then, after you say the magic word, they will transform into a rose. You choose your favorite thing too and transform yourself!

STEP 2 Once transformed ask your child questions about their new self, like: How big or small are you? Why are you this size? Where are you now? Do you have a taste or scent? How does it feel to be you? What are your favorite things to do? Make up your own questions too. While your child answers, keep in mind the information they share about their imaginary character so you can use it to make up a story.

STEP 3 Next, tell your children you will tell them a story. Every time during the story when you mention their chosen thing/character (for example "a rose grew under the moonlight" or "a car drove noisily down the road") they have to stand up and do a silly movement or dance! Tell them they must really concentrate so as to not miss their name. Tell them you will do the same. So, don't forget to include your 'thing' in the story and stand up and dance when you do!

STEP 4 There is now one extra rule! Whenever you say the word "tutti frutti" everyone has to stand up together and do your silly dances!

STEP 5 Start narrating the story. Try to remember the things your child shared about their object. And keep mentioning the name of their object to get them dancing! To make it extra fun, try repeating their name in quick succession, e.g. "the rose asked the sun, then the rose asked the moon, then the rose sat down!". Experiment with your pace, make long pauses to build up anticipation, and use different voices and volumes to keep your child engaged. This also helps them connect to different sounds.

STEP 6 Finish the story with a "tutti frutti" dance! To conclude, ask your children which part of the story they enjoyed most and why.