

Monkeying Around

Getting active in your setting encourages sensory motor activity which supports children to process information more efficiently. This leads to deeper level learning and improved self-esteem.

Through movement children learn in direct participation with the languages of the body sensation, feeling, movement, image and instinct. As they move, they make connections and create relationships with others and the world around them.

Learning aims

- Build listening and attention skills
- Joining in with songs and rhymes
- Language: crawl, jump, swing, stretch
- Awareness of numbers, counting to five
- Gaining control of large muscles and limbs
- Negotiating courses, climbing, spatial awareness
- Being imaginative
- Building confidence in self-expression and being with others
- Gain knowledge of the natural world/animals.



Resources

- Large space, indoors or outdoors for children to move safely
- A range of equipment for children to climb on / crawl under and around e.g. soft play, cushions, climbing frame, crates, boxes, balance beams
- Dressing up items, e.g. pieces of material, fur, scarves, masks
- CD Player/TV with Five Little Monkeys video or CD
- Five Little Monkeys book and/or printed rhyme sheet.

Activity outline

- Play the 'Five Little Monkeys' song / video to a small group of children, encouraging the children to listen to the rhyming
- Play the song / video again, encouraging children to join in with the words and phrases
- Talk to the children about the monkeys, the song and key events e.g. 'jumping on the bed' and ask the children how they think monkeys move
- Encourage children to move around in the space and on the equipment, in which ever way they want, pretending to be a monkey. Talk about their movements, naming the ways in which they move e.g. jump, crawl, to help them make connections
- Make dressing up resources easily accessible if children want to get in to character.

Special considerations

- *Ensure surfaces are safe to crawl on and provide adequate adult supervision if children are climbing*
- *For babies, encourage plenty of 'tummy time' to help them stretch, move and develop strength and control of their muscles.*