



## Spring Awakening - Activity #4 - FOR KIDS & GUARDIANS

### Recommended Age: 6 to 12

# 1 F E E L

Press play on "Meditation" track

Take a comfortable position, close your eyes, and listen to the music.  
\*Guardians should keep their eyes open\*

Take a few breaths.  
Focus on the music.  
What do you hear?

Open your eyes slowly when the music ends.  
Can you find 2 or 3 words to describe what you hear?

Suggested Time:

The full length of the first track of music (3 and a half minutes)

Tools Required:

A device to play the first track

Modifications:

Use things like volume, texture, or other adjectives to describe what you hear

Benefits:

Grounding yourself within your own body, familiarizing yourself with the sounds of the music, and taking note of specific rhythms, instruments or emotions that arise from listening to the music.

Acknowledging how we feel today, right now, in this moment

# 2 B R E A T H E

Take 2-5 deep breaths.

Step 1: On an inhale, make a really big shape with your body.  
Hold the shape for 2-3 breaths

Step 2: On an exhale, come out of your shape and make a really small shape.  
Hold for 2-3 breaths

Step 3: Repeat steps 1 and 2 (for 4-6 times)

Tips

Try not to think too much about your shape.  
Make sure to breathe and it will help you decide where to go next.  
Your shape can be as complex or as simple as you want

Suggested Time:  
5 minutes

Tools Required:

Any place with some space to move

Modifications:

Can be done with just hand/ arm movements if you prefer (for small spaces)  
Do this along with your kids, if you'd like!  
Play the meditation music during this if you would like

Benefits:

Tune into your mental health and well-being & wake up your senses  
Practice making quick decisions intuitively

Bringing mindful attention to your breathe reduces stress in the body, lowers blood pressure and heart rate, improves focus, and centres you in the present moment

### MORE INFORMATION ...



Email us at [info@princessproductions.ca](mailto:info@princessproductions.ca)



For more info about Swallowing Clouds



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**3 DO**

Now it's time to dance!

Press play on the Spring Awakening Shapes Song attached to this activity sheet in either French or English.

Follow along to the prompts in the music, or reference the written instructions below:

#### **English**

**1- Welcome to Spring Awakening activity 4, this week we want you to move!**

**2- Before we start, you need to create 6 different shapes with your body, getting inspired by elements in your house  
(it could be plants, couch, table, vase, pet, etc).**

For more fun, find some variation by having big, small, medium, round, angular shapes.

Pause this recording, and press play when you are ready.

Be sure to take a video or photos of your dance to share with us!

**3- Follow the instructions in the music, it's time to dance!**

Get into your first shape

**4-Shape 1: if this shape could move, how would it move? (would it move like a robot? Would it move like a little mouse? Would it move like seaweed?)**

**5-Shape 2: How would this shape move underwater? Are you in the wavy ocean? A calm lake?**

**6-Shape 3: How would this shape move if it was blown by the wind? Is it a light windy day? Is there a tornado around you?**

**7-Shape 4: How would this shape move if the floor was made of trampolines? Are you on a small or big trampoline?**

**8-Shape 5: How would this shape move if it was made of jello? Is your jello thick? Slippery? Sticky? What colour is your jello?**

**9-Shape 6: How would this shape melt all the way onto the floor? Imagine you are an ice cube under the sun...**

**10-Finale 7: From the floor, in slow motion, rewind to your favourite shape for the big Finale!!! Make this shape as big as you can! *Can you make it Even bigger!***

**11- Congratulations! Thanks for dancing with us!**

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Français

1- Bienvenue à l'activité d'éveil du printemps numéro 4, cette semaine, nous voulons vous faire danser!

2- Avant de commencer, vous devez créer 6 formes différentes avec votre corps, en vous inspirant des éléments de votre maison (ça peut être des plantes, un canapé, une table, un vase, un animal de compagnie, tout ce que vous pouvez trouver).

Pour un défi supplémentaire, essayer de créer des formes différentes les unes des autres: des grandes, petites, moyennes, rondes, angulaires. Mettez cet enregistrement sur pause et appuyez sur "play" lorsque vous êtes prêt à continuer.

3- Suivez les instructions, il est temps de danser! N'oubliez pas de prendre des photos et vidéos et les partager avec nous.

4- Forme 1: si cette forme pouvait bouger, comment est-ce qu'elle bougerait? (Peut-être comme une robot? Peut-être comme une petite souris? Peut-être comme un fleur soufflée par le vent?)

5-Forme 2: Comment cette forme danserait-elle sous l'eau? Es-tu dans un grand océan? Un petit lac calme? Un aquarium avec des amis poissons autour de toi?

6-Forme 3: Comment cette forme se déplacerait-elle si elle était soufflée par le vent? Est-ce une journée avec une petite brise? Y a-t-il une tornade autour de toi?

7-Forme 4: Comment cette forme bougerait-elle si le sol était fait de trampolines? Es-tu sur un petit ou un grand trampoline?

8-Forme 5: Comment cette forme danserait-elle si elle était faite de jello? Votre jello est-il épais? Glissant? Gluant? De quelle couleur est ton jello?

9-Forme 6: Comment cette forme fondrait-elle complètement sur le sol? Imaginez que vous êtes un glaçon sous le soleil ...

10-Finale 7: Du sol, au ralenti, rembobinez, et créer ta forme préférée avec ton corps pour la grande position finale! Fait cette forme aussi grande que possible, il faut que même les astronautes dans l'espace puisse la voir! \* drumroll  
Encore plus gros!

11- Félicitations! Merci d'avoir dansé avec nous, tu es incroyable!

MORE INFORMATION ...

12- N'oublie pas de partager avec nous vos photos et vidéos! Et à Bientôt!!



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Suggested Time:  
15+ minutes

Tools Required:

Any place with some space to move and some way to document your shapes ex) photos, videos, drawings

Modifications:

Make the shape with your whole body or you can use just one part of your body to make the shape, for example just your hands or arms

Remember, the shapes don't always need to be incredibly complex. Simple shapes are just as effective! This is an excellent activity to do alongside your child. Doing so together may help foster ideas easier

Benefits:

Reflect on the things we've experienced and remember the details of those experiences by expressing it outwardly with our body.

Moving our bodies creatively and freely helps release pent up energy we may have

# 4 REFLECT

Add to your journey map from last time or start a new one on any drawing surface.

A journey map is a place for you to reflect.

Document you and your life right now.

Come back to it anytime.

Write, draw, colour anything you want

Suggested Time:  
15 minutes

Tools Required:

Paper & any Arts Supplies you'd like

Modifications:

This activity is meant to let participants go wherever their mind takes them, but if you need some guidance or inspiration you can ask:

How did it feel to create these shapes today and move through them? Is there a story in the movement? Characters? What was your favourite shape? Can you draw your dance?

Benefits:

To create a physical documentation of one or all of the activities (check-in, meditation, movement creation), to either be able to look back on at a later date or to simply reflect on your favourite parts of the day.

To allow ourselves to be inspired by what we did, saw or thought of, and make something creative and fun!

# 5 SHARE

By sharing our findings, we are reminded that we are part of a bigger community. Other people /our friends are doing the same activities and we can collectively share and talk about our experiences, thoughts, feelings to get us through this isolated time!

Head to our Facebook page or Instagram to upload and share!

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