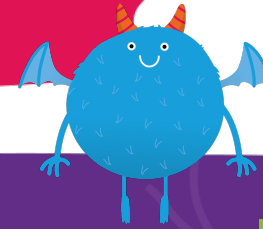


GIGGLES – POSITIVITY HOPPY BUNNY



INSTRUCTIONS:

1. Ask the children what their favourite animal is. Then ask them:-
 - to show you what that animal looks like.
 - tell them to try and make their bodies look like that animal.
 - Then tell them to move like that animal, they can even make a noise like that animal – make sure you join in too! This can get quite noisy and silly!
 - Now, go around the group and get everyone to copy and become each others' animals in turn, so you will have a room full of monkeys, then elephants, then bunnies, then dogs!
2. You could then give them different animals to be, so you shout out an animal and they need to be that animal.

INSTRUCTIONS:

3. The idea is that they are so focused on what they are doing that they just get so caught up in jumping around pretending to be a 'Hoppy Bunny', being silly and having fun and just being present in the moment.
4. If you want to, you can extend this to create a farmyard scene, or a woodland scene etc. with each child becoming a different animal again. Follow the children's ideas if they produce some of their own.

Health and Safety

*Ensure the area is safe and free from hazards
Supervision is advised when using equipment
Remember to stretch before and after any physical activity*

EQUIPMENT:

- A large space – indoor or outdoor
- Imagination!

Remember to join in and be silly and have fun with the children, this makes them feel more at ease and essentially have even more fun with you!

