



LAZY MONKEY, SOLDIER AND KING



LAZY MONKEY, SOLDIER AND KING

Objective

This game challenges the children's working memory in that they must remember which movements are related to the different words. Further, they must react quickly to commands. The activity also challenges motor skills, as you can choose which exercises the children shall practise.

Equipment

Music

Instructions

1. When the music plays, the children move freely around the room.
2. When the music stops, the adult shouts: "Lazy monkey, soldier or king." The children shall then make the movements related to the applicable word. For instance, Lazy Monkey = stand on the floor with your head and arms loosely hanging towards the floor, Soldier = lie down on the floor as stiff as a wooden log, and King = stand with your legs apart and arms stretched above your head.
3. To make the activity more challenging, the movements related to the different words could be changed.

Variation

- To add balance exercises, the following three tasks could be applied: Lazy Monkey = sit on your bottom and lift your arms and legs, Soldier = stand on one leg and lift your other leg in front of you, behind yourself and to the side, King = one hand and one foot on the floor.
- When the music plays, you can vary how the children move around. For instance, they can move around on one leg, on all fours, on their stomach, back or bottom.