

Times for Wiggles, Times for Quiet

- Objective:** The children will identify loud versus quiet.
The children will identify scenarios in which they may be loud and physically active.
The children will identify scenarios in which they should be quiet and still.

Materials: 1 carpet square for each child, noise makers (rattles, maracas, homemade noisemakers)

Procedure:

1. Lay out the carpet squares in a half circle.
2. Have each child sit on an individual square.
3. Lay a noise maker on the floor in front of each child and let them explore the sound they make.
4. Go through a few rounds of playing the noise maker LOUD and quiet and LOUD and quiet.
5. Ask the children to stop and put the noisemaker on the floor again.
6. Next have the children wiggle their hands in the air and still their hands, and wiggle and still their hands.
7. Ask the children to now fold their arms and cross their legs.
8. Ask them whether this way of sitting is wiggling or is it still? Loud or quiet?
9. Next have the children stand and run in place.
10. Repeat step number 8.
11. Ask the children to sit back down.
12. Tell the children to pretend that they are ready to go outside to the park.
13. Have them wiggle their fingers if they think the park is a place they can wiggle and be loud.
14. Tell the children your baby sister is going to take a nap. Repeat step #13
15. Tell the children you are in the car and Daddy is driving. Repeat step #13.
16. Tell the children you are in the backyard. Repeat step #13.
17. Tell the children you are playing in your room with your cousin. Repeat step #13.
18. Tell the children you are at the doctor's office. Repeat step #13.
19. Ask for volunteers to suggest other scenarios in which a person can be LOUD and wiggly or should be quiet and still.
20. Have the children remind you what wiggling looks like and what LOUD sounds like
21. Have the children remind you what being still looks like and what quiet sounds like.

Extensions:

Show a slide show of various scenarios where it would be good to be quiet/loud and to wiggle/be still.

Ask them what happens when you are loud in a place you should be quiet.