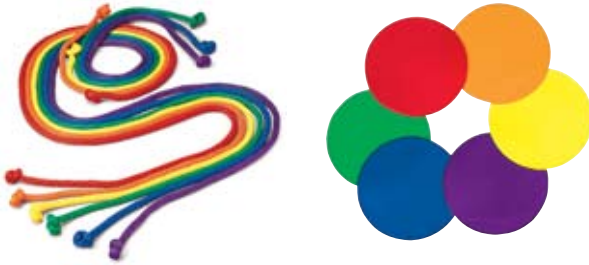


# PlayIdea Tight & Loose

Use muscle contraction and self-control to promote relaxation and prepare children for slow and quiet activities.



Children can be "in control of their own bodies and feelings rather than having to let their bodies and feelings control them," writes Clare Cherry in *Think of Something Quiet*. Use this transition activity to promote self-control and prepare children for slow and quiet activities.

## Objective

Give children the opportunity to experience motionlessness and develop an understanding of its contrast to movement, which will prepare them for slow and quiet activities.

## Equipment

Item #11-350 & 11-354 **Rainbow<sup>®</sup> Nylon Jump Ropes**  
Item #85-821 **Rainbow<sup>®</sup> Spot Markers**

## Directions

1. Each child stands on a spot marker.
2. Talk with the children about tight and loose, demonstrating with the jump rope.
3. Now ask the children to do with their bodies (muscles) what the rope is doing. Alternate between tight and loose.
4. Continue the pattern for a while, always ending with loose rope/muscles.

## Option

- Repeat this activity with children lying down at naptime.

