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® Nylon Jump Ropes
Item #85-821 Rainbow® 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.