

tick tock

We sway from side to side while chanting a rhyme to help us become more aware of our bodies.

LIFE SKILLS



DURATION 5 to 15 minutes

SUPPLIES Optional: drum

AGE Young children

LEADING THE GAME

1. Talking points: *What sound does a clock make? Does anyone know what a grandfather clock is? Does anyone know what a pendulum is?*
2. Now we're going to practice swaying side to side like the pendulum of a grandfather clock. Sit with your back straight and your body relaxed, resting your hands on the floor by your sides.
3. Let's all raise our right hands together. Put your right hand back down on the floor, and lean your body to the right. Now push your body to the left and catch your weight with your left hand on the floor. Now rock back to the right hand again. Can you feel your body moving to the right, to the center, and to the left?
4. Now let's say *tick tock* as we rock from side to side: *tick . . . tock . . . tick . . . tock . . .*

5. We're going to stop swaying soon, so let's all say this rhyme together: *tick . . . tock . . . like a . . . clock . . . until . . . I find . . . my center . . . stop!*
6. Let's end just like we started, with backs straight and bodies relaxed. Rest your hands on your knees and take a few breaths.

TIPS

1. Have the children rock back and forth to the beat of a drum.
2. *Tick Tock* can also be played standing up.
3. *Counting Breaths* with hand gestures is a fun and effective way to extend the activity. After children say the word "stop," hold up one finger and have everyone take one breath. Hold up a second finger and have everyone take another breath. Then hold up a third finger and have everyone take a third breath.
4. Another popular extension to *Tick Tock* is *Fading Tone*.