

# Fine & Gross Motor Activities

## **ACTION SONGS #2**

**Coordination & Body Awareness**  
**All ages and abilities**

**April 24, 2020**



## Coordination & Body Awareness Lesson: [April 24, 2020]

**Learning Target:**

**\*Coordination**

**\*Body Awareness**





## Background:

**REMEMBER:** Action songs for kids are an effective way to promote a variety of skills.

Regardless of the setting, action songs can be used during transition times, as an intervention to promote specific skills, as a fun, playful way to get kids moving, or even embedded within daily routines such as toothbrushing and getting dressed. Action songs are an excellent way to add movement breaks throughout the day.

\*\*Links with videos are provided for your convenience. It should be noted that videos or screens are not required for children to engage in action songs, they are included here for a visual reference.



## Benefits of using Action Songs:

### Coordination and body awareness:

Most action songs will reference different parts of the body or require movement and coordination of different body parts. This helps kids become more aware of where their bodies are in space and can help them with coordination of movement. In addition, when kids cross the midline (for example, right hand to left foot and vice versa), they are strengthening the connections in their brain, which leads to better learning outcomes.

[Move & Freeze](#)

[Hokey Pokey](#)



## Benefits of using Action Songs: Improved attention/listening skills:

Action songs require children to maintain attention, follow directions, and process what they are hearing in order to produce movement. Practicing these skills through the use of action songs can have benefits in other settings, such as home and school.

[I Can Move My Body Like Anything](#)

[Wild Things](#)

