

DO THIS AT HOME
Still as Statues

Try this activity at home to reinforce what your child learned about self-regulation and self-awareness.

What Your Child Will Learn

Music is an excellent resource to help children develop self-regulation and self-control. Children learn to move their bodies, slow down their bodies, and finally rest their bodies—all to the rhythm of the music. The more self-awareness a child can gain, the better she will be able to recognize states of excitement or even agitation in her own body and find positive ways to release her energy and calm down.

Materials Needed

recorded music or a rhythm instrument

What to Do

- ▶ Talk to your child about what a statue is.
- ▶ Tell your child that you're going to play a game in which she will move around the room to the music. When the music stops, she will "freeze" and become a statue.
- ▶ Start the music or play a simple rhythm on an instrument. When the music stops, your child must become a "statue." Restart the music, encouraging the statue to come alive!!
- ▶ Offer acknowledgment: "Wow! Your eyes are closed, and you're standing very still."
- ▶ Play this game often. The expressive, free movement and stop-action develops your child's body control and awareness, which promotes self-control.
- ▶ Because this activity can be lively, it is best to conclude it with calming music to help your child settle down.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.