



## Pattern Movements

Make patterns out of movements and encourage children to follow along. Start with easy patterns then make the patterns harder as they begin to catch on. You can say the pattern as you are doing it and ask the children to join you. To make it a little harder, add more movements to your pattern.

### For Example:

- ◆ Step, jump, step, jump
- ◆ Wave-wave-nod-nod, wave-wave-nod-nod
- ◆ Hop, step, jumping jack, hop, step, jumping jack

### Prompt Children to Identify, Repeat, or Extend Patterns

“I’m doing a pattern – step, wiggle, step, wiggle – what comes next? Right! Step comes next!”

“Watch, I am going to do a pattern, then you do it too. Clap, wave, clap, wave. Now you do it! Great job!”