

EXERCISE: SILLY WALKS

GRADES: K and up

TIME: 15 minutes

SET-UP: This exercise works best in an open space.

SUPPLIES: None

INSTRUCTIONS:

Split the class in two and have each group stand in a line (“soul train” style) on opposite sides of the room, facing the teacher at the front of the room. Start the “train” by moving down the open space between the groups with a “silly” way of walking. Ask students to walk down the space practicing that way of moving, one at a time alternating between the left and right lines. Some examples of funny walks might include: low to the ground, on your toes, with heavy steps, gliding like you are ice skating, with pirouettes, asymmetrical, or like a salsa dance.

In the same way, starting with a student at the front of the line, cycle through every student creating their own walk for the others to copy. When the group completes each type of silly walk, the student who was in the front of the line moves to the back of the line, so that the next student become the leader.

Next, divide students into pairs. Using the silly walks that they created, student A should walk around the room with student B following too closely. Students should think of this as following the leader, trying to mimic their partner’s silly walk as best they can.

Once students have a chance to explore, have them switch the leader/follower roles. Tell students that the partner who is following too closely tries to get as close as possible to the leading partner without touching them.