

## EXERCISE: IMAGINARY LAND

**GRADES:** K – 3<sup>rd</sup> grade

**TIME:** 15 minutes

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

**SUPPLIES:** None

Max travels to a fantasy land far, far away from his home. In this exercise, students use verbal responses, movement and imagination to create and explore an imaginary land.

## INSTRUCTIONS:

Direct students to sit in a circle, and sit with them. Tell students that they are going to create a new place that no one has ever traveled to before. Prompt ideas for:

- *The climate:* Is the weather hot, cold or in the middle? Is it comfortable? Uncomfortable?
- *The terrain and foliage:* Is it rocky, sandy, swampy, forested, underwater, in the air?
- *The light:* Is it bright, shaded, dark, both?
- What is this place called?

Tell them that you need a boat and some magic words to travel to this land. Ask the students to stand and climb into their imaginary boats. Still in a circle, students sway back and forth on the water, while you lead a call and response:

Now we sail off (Now we sail off)

Through night and day (Through night and day)

And in and out of weeks (And in and out of weeks)

And almost over a year (And almost over a year)

To [name of imaginary land]! (To [name of imaginary land]!)

Guide students to look at the sky of this new place above them. Ask one student what the sky looks like. Guide students to point to the ground and see the earth of this new place below them. Ask one student to describe the earth. Continue to ask specific questions of individual students about this new environment. Guide students to each choose a spot in the imaginary land that they are going to explore on their own. Direct students to explore for 10 seconds, and let them know they can each find an imaginary object to bring back to the group. Then let them know it is time to travel back to the classroom, and to do so they must climb back into their boats in the circle and say the magic travel words. Count off 5 seconds while they climb into the boats, then lead the following call and response:

Now we sail back (Now we sail back)

Through night and day (Through night and day)

And in and out of weeks (And in and out of weeks)

And almost over a year (And almost over a year)

To our very own room (To our very own room)

Once back in the classroom give them a chance to share with a partner or with the whole group what they brought back from their very own magical land.