



## Lesson: Shape Shifting

Ages: 1<sup>st</sup> and 2<sup>nd</sup> grade

Supplies needed: No supplies needed.

Project Intro: This lesson helps children explore using their bodies to form different shapes and objects, work together, build trust, and involve each member in group performance/activities.

Materials Reference: Ruhi Institute, Teaching Children's Classes, Grade 2 and Teaching Drama, The Essential Handbook (beatbybeat Press)

Project steps:

- **Individual Shapes**

- Ask the children and other family members participating to create a shape with their bodies, using their heads, arms and legs. This is shape number 1. Tell them to hold that shape for a few seconds.
- Next have them move into a second shape. This is shape number 2. Again have them hold the shape for a few seconds. Now count – 1, 2, 1, 2, 1, 2 – as they move from shape to shape. Do this three or four times. Call “Freeze” when they are in shape number 2.
- Now ask everyone to find a completely new shape. This is shape number 3. Have them hold it for a few seconds, and then have them go back to shape number 1. Now count – 1, 2, 3, 1, 2, 3 – as they move from shape to shape.

Do this free or four times and call “Freeze” when the children are in shape number 3.

- Finally, have everyone create a fourth shape and ask them to hold it for a few seconds. Then ask them to go back to shape number 1 and count – 1, 2, 3, 4; 1, 2, 3, 4 – as they move from shape to shape. Do this four or five times. Try to establish a rhythm as you count.
  
- **Group Shapes:** <https://www.youtube.com/watch?v=6jZ2MV2TnBc>
  - Tell the children and family members participating that their goal is to create the shape of an object with their bodies as you count down from 10 to 1. When you reach “1” and say “freeze!” they must freeze as you inspect the object. Object ideas include: a plane, a cell phone, a piano, a shoe, a giraffe, a teepee, etc.)
  - The first couple times don’t give them any instructions and let them try to figure it out however they want, even it includes talking. You’ll see a lot of personalities come out.
  - Then, tell them they must work silently.