



Overview Moving Seasons

What would the seasons move like?

ENERGY 

COMPLEXITY 

GROUPING 

LOCATION 

Materials

none

Preparing

- Invite the class to imagine that each of the four seasons could move. Have them think about the ways spring would move, versus, summer, versus fall, versus winter.

Doing

- Tell the group that they are going to start moving like the seasons. Each student can have their own representation of the season.
- You might suggest a few starting points for translating the season into movement: jumping up and down for spring, or blossoming like a flower in spring, or flailing arms around like the wind in fall, or bending down and harvesting tomatoes in summer, etc.
- Once students get the hang of it, you might mix things up by introducing a rain storm in spring, or a flash flood in the summer, or an ice storm in winter, etc.

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