

Exemplar



Tool for Primary Teachers

Salt & Pepper

Grades 1-5



Skills Cultivated:

- Warm up body
- Pair Work
- Introduction to thinking with your body
- Making physical contact in a positive way (good touch)

Exercise Description

1. Get the class into pairs
2. Call out things one at a time that they have to make with their bodies. For example: A milkshake and a straw, Salt and Pepper shakers, A bat and a ball and so on.
3. Pairs have to make the objects with their bodies very quickly and freeze in that position.
4. You can add a challenge by increasing the number of people in a group and giving them more complex things to create with their bodies. For example: 4 people could make a table with chairs; 6 people could make a racing car; 8 people could make a ship with sails.

Requirements:

1. Clear space without obstructions from tables and chairs.

<p>(Things to look out for as a facilitator):</p> <ol style="list-style-type: none">1. Make sure learners understand safety and are briefed not to try anything that might hurt themselves or someone else.2. Look at what the learners have done and acknowledge specific things. In what they have created.3. Bring the attention of the rest of the class to a pair or group who has done something unique.4. Keep the pace of the changes fairly quick so that pairs/groups don't get bored and start to fidget.	<p>Side Coaching:</p> <p>“Very quickly make a milkshake and a straw with your partner” (place a little pressure on them to think quickly)</p> <p>“I like how the bat is lying down. That is a nice round ball” (comment on specific things learners have done rather than just saying “good job” to everyone. They need to know you are paying attention)</p>
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Curriculum Adaptation Ideas:

I. Storytelling - Grade 1 & 2

You can use any book and get learners to quickly make things from the book in pairs, groups of four/six/eight. after you read the story.

II. Hindi - Grade 3

Get learners to make the shapes of Hindi letters and numbers with their bodies

III. Maths - Grade 4

Learners create 2D and 3D shapes with their bodies. parallelograms, polygons, hexagons, cubes, spheres, different kinds of triangles (equilateral, isosceles, scalene, acute and obtuse)

IV. Social Studies - Grade 5

Creating geographical features. meandering rivers, V-shaped valleys, spits, peninsulas, mountain ranges, icebergs, glaciers, ponds, streams.

What Teachers Have Said:

“The idea of getting children to think quickly with their bodies allows them to learn something, not just with their minds, but with their bodies. This learning seems to stay with them much longer. They connect to it.”

- Shamim Merchant (Grade 2 Teacher, Rustomjee Cambridge International School)

Try this out and let us know how it went for you.