



Series 1. Episode 8

Turning *Little Stones* show notes
Listen to the 2nd part of a conversation with Penny from Jabadao about Full-bodied, Whole-hearted Movement

Episode 8

Full-bodied, Whole-hearted Movement
PART 2
with Penny Greenland

Listen again to Episode 7 or catch-up if you missed it. as this continues that conversation.

The role of the adult in children's movement play

If we want to become an adult that values and facilitates children's spontaneous movement play, how do we do it?

1. Create an environment where movement play is possible... such as the floor. Empty uncluttered areas are ideal, where children are invited to move spontaneously. Resist filling it with resources. Children find their own ways to move in empty spaces!
2. Be a Movement Play 'witness'. This is an adult who is engaged, notices, sees, and values what the child(ren) are doing.
3. Get involved... This means letting go of our inhibitions – becoming co-movers and learning to untap our own body-initiated movements.

A few ideas on what a movement space might look like at home...

- Clambering spaces (piles of soft furnishings, such as sofa cushions on the floor)
- Climbing up and down spaces (an adult positioned on a lower stair tread)
- Resources that are safe to throw indoors (feathers, soft balls...)
- Family bundles (aka a time for 'Rough & Tumble')
- Recognising and responding to the movements that your child is offering (for example places to hang upside down, to tip, to spin...)

Last few more takeaways...

All carers and practitioners can begin to:

- **relax** and find ways to allow our children to move (they are 'infant experts')
- be **intrigued** asking, 'what are they showing us about their movement needs?'
- **consider**, 'where is it possible for them to move in that way – so that it is acceptable and where we can value it?'
- **resist** stepping in to 'stop' play. Instead, try asking questions to find a workable solution

Penny explains that her thinking is constantly shifting; she is always learning and surprised by children. Children need adults to celebrate their 'full-bodied, whole-hearted movements'.

Movement Play Resources and courses can be found at

<https://www.jabadao.org/movement-play>

Further information, practical guidance and advice are available through

Turning Little Stones

Delving a little Deeper

See website for details.