

Suggested Children's Literature

In the Small, Small Pond by Denise Fleming

In the Tall, Tall Grass by Denise Fleming

Where Once There Was a Wood by Denise Fleming

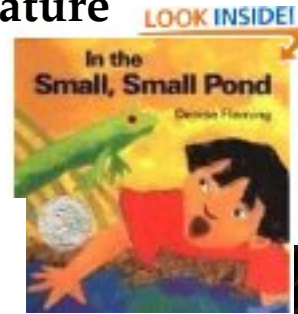
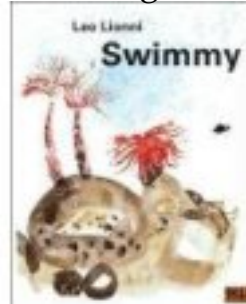
Elephants Aloft by Kathi Appelt

Straight Line Wonder by Mem Fox

The Tiny Seed by Eric Carle

Swimmy by Leo Lionni

Cloud Dance by Thomas Locker



Action Words

Traveling Actions

creep run
 dart slither
 hop skip
 gallop waddle
 rush wade

Vibratory Actions

jiggle shudder
 quiver tremble
 patter vibrate
 shake wiggle
 shiver wobble

Jumping Actions

bound leap
 bounce prance
 fly soar
 hurl toss

Turning Actions

spin whip
 swivel whirl
 twirl

Stopping Actions

anchor pause
 freeze perch
 grip settle
 hold

Percussive Actions

explode punch
 patter stamp
 pound

Contracting Actions

close shrink
 narrow shrivel

Expanding Actions

grow release
 open spread
 reach

Sinking Actions

collapse sink
 drip sweep
 lower swoop

Rising Actions

lift rise
 climb heave

Adapted from: J.E. Rink, T.J. Hall and L.H. Williams 2010, Schoolwide Physical Activity: A Comprehensive Guide to Designing and Conducting Programs (Champaign, IL: Human Kinetics).

Movement questions to help children explore their interpretation of action words

Can you do the action using the whole body or just part of the body?

Can you do the action while:

- ∞ skipping
- ∞ galloping
- ∞ sliding
- ∞ hopping
- ∞ running
- ∞ walking

Can you do the action with a:

- ∞ wide body shape
- ∞ narrow body shape
- ∞ *twisted* body shape

Would the action be done at a high level,
medium level,
or low level?

Can you do the action moving from high to low or low to high?

Would the action use strong force or light force?

Can you move forward, backward or sideward while doing the action?

Can you do the action while moving in different pathways?

- ∞ straight
- ∞ curved
- ∞ zig-zag

Is the time of the action fast or slow?

Let's explore bringing the following action words to life:

Shrink (contrasting action)

Soar (whirling action)

Creep (traveling action)

**Exploring action words and phrases in children's literature from
In The Small, Small Pond:**

Wiggle, jiggle, tadpoles wriggle

Waddle, wade, geese parade

Sweep, swoop, swallows scoop