

**HEAD START BODY START**  
NATIONAL CENTER FOR PHYSICAL  
DEVELOPMENT AND  
OUTDOOR PLAY (HSBS)



**Imagination in Motion:**  
Using Young Children's Creativity to Guide Active Play  
*Bethe Almeras & Kristi Mally*



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### Session Objectives



1. Experience how movement can be used as a tool for exploration, creation, imagination and communication with young children.
2. Experience a series of age-appropriate movement-based activities which engage young children's imaginations.
3. Learn strategies to use children's imaginations to fuel movement and active play and foster creativity.

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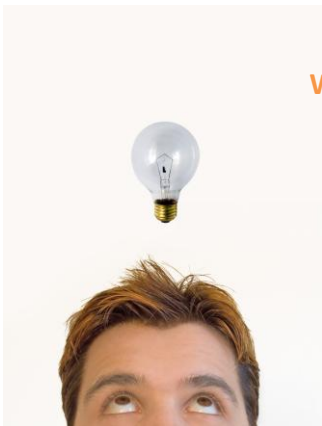
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**What do you think  
of when you  
hear the words  
*creativity* and  
*imagination*?**

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Why not movement & active play ?!

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**Creativity  
simply means  
the ability to  
create.**  
~ Webster

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### Activity Ideas



- Hey Everybody, Let's Make a Shape
- Jumping Jack Freeze
- Emotional Movements
- Home Dance/Playground Dance
- Shape Shifting
- Yes Game
- Secret Movement Bag
- Moving With My Monkey
- The Great Alphabet Hunt
- Magical Zoo
- If I Were a \_\_\_\_\_...
- Let's Take Nature Hike

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## Head Start Body Start

[www.headstartbodystart.org](http://www.headstartbodystart.org)

Email: [headstartbodystart@aahperd.org](mailto:headstartbodystart@aahperd.org)

Phone: 1-800-213-7193 ext. 454

Join the HSBS Online Community!

<http://hsbs-play.ning.com>



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