

Movement Planet Scripts

(FOR FACILITATORS TO HAVE ON HAND IN CASE VIDEOS CANNOT BE ACCESSED/PLAYED)

The order of of scripts for this Planet is as follows:

1. Script #1 - before theme video
2. Script of theme video
3. Script #2 - after theme video
4. Open time to create stories via movement
5. Optional: Redoing video script as needed, if new participants coming to station or repetition required
6. Script of grounding video (to finish off)

Script #1 *(before theme video)*

- *Hello everybody!!*
- *Before playing the video for the Movement Planet we are going to pick one object from the pile! We are going to be doing activities with your object!*
- *Remember to share the object, and if somebody has the object you'd like, that's okay because we can play the video again and you can have the object next time around!*
- *Once everybody has one object we'll play the video!*
- *Ready, set, go!*

Script #2 (after theme video)

- *Now that the video is finished, and you've all gotten your prompt cards, I'd like to ask a question! Does anyone here know what COVID is?*
- *(have a little time for some sharing)*
- *Yes, for the past 2 years there has been a sickness called COVID. We often wear masks to protect ourselves and others, wash our hands well, and sometimes we have to stay home if we, or someone in our family gets sick. Today we're going to tell some stories about different things we have done, or haven't been able to do, because of COVID.*
- *After everybody is done, if anybody wants me to replay the video, just let me know and we can do it all over again! Sounds good? Now, ready, set, go!*



Scripts for Theme Videos



Intro Segments (COMMON FOR ALL THEME VIDEOS)



INT. ROOM - SEGMENT 1

***Intro:** Two facilitators, MICHAELA standing and NATHALIE sitting (so that kids that want or need to sit see that example) wearing colourful and fun clothes, talk to camera. They perform the actions to guide kids watching the video.*

MICHAELA

Hello everybody!!! I'm Michaela

NATHALIE

And I'm Nathalie. Welcome to the Movement Planet where you get to have fun moving!

MICHAELA

Let's warm up together! You can stand or sit, whatever's comfortable for your body!

INT. ROOM - SEGMENT 2

MICHAELA, gets kids to do a fun warm up. Performing the actions in between exercises.

MICHAELA

First, we can move our hands.... Our heads... and our whole body.

Note: *feel free to improvise.*

NATHALIE

Ok, I'm going share a story about something I remember from the pandemic. Maybe after I tell you my story, you share one of your own!

Video for Theme 1: New Experiences

INT. ROOM - MAIN SEGMENT MOVEMENT 1

NATHALIE

For one of my birthdays i couldn't invite friends because of the pandemic.

Sad face

But my parents got me balloons and we had so much fun with them! First, we blew up the balloons! Blow up balloons Then my sister popped one!

Pretend to pop a balloon

NATHALIE (CONT'D)

Then we played a game! We had to see who could keep their balloon in the air for the longest!

Both pretend to hit the balloon up in the air a few times, having lots of fun.

MICHAELA

That sounds like such a fun party!

NATHALIE

It was!

MICHAELA

Now it's your turn to tell a story! Grab your prompt cards and act out your story!

Video for Theme 2: Adventure & Play

INT. ROOM - MAIN SEGMENT MOVEMENT 2

MICHAELA

I went on a drive with my caregivers during the pandemic and I remember it was a bumpy ride. The car went like this.

Both facilitators pretend to ride a car in a bumpy road.

Motion: bounces up and down.

NATHALIE

Let's pretend we have a steering wheel!

MICHAELA

Turning to the left... now the right... try to avoid bumping into the other cars! Oh! Bumpy road again!

Motion: bouncing up and down.

MICHAELA (CONT'D)

When we we're going home we saw our neighbor. We had to wave from adistance.

Motion: wave goodbye!

MICHAELA (CONT'D)

And then we were back home! It was a fun ride.

NATHALIE

Now it's your turn to tell a story! Grab your prompt cards and act out your story!

Video for Theme 3: Family, Friends, Neighbours

INT. ROOM - MAIN SEGMENT MOVEMENT 3

NATHALIE

What is something you liked to do with your friends or family during the pandemic?

MICHAELA

I liked playing tennis with my family! We even played imaginary tennis at home, like this!

Motion: Gently swinging the object back and forth.

MICHAELA (CONT'D)

Do you want to play with me? The facilitator acts out like if they hit the ball too far away.

NATHALIE

Oh no! I think we lost the ball.

MICHAELA

Can you help us find it?

(Pause waiting for response)

Excellent!

Facilitator motions as if they are looking over and under things.

MICHAELA (CONT'D)

We can look for the ball way down....
or... way up.

Motion: Looking down low, behind, up and really high. Suddenly they see it.

MICHAELA (CONT'D)

Yes! I think we found the ball!

They both laugh.

MICHAELA (CONT'D)

Now it's your turn to tell a story!
Grab your prompt cards and act out
your stories!

Video for Theme 4: Nature & Outdoors

INT. ROOM - MAIN SEGMENT MOVEMENT 4

NATHALIE

During the pandemic I looked after my puppy. I would feed him.

Putting food in an imaginary bowl.

NATHALIE (CONT'D)

I would also play with him. Wuff Wuff. That's his name. Here, Wuff, catch!

Motion: Throwing a ball really far. And putting one hand on

the forehead to look far away.

NATHALIE (CONT'D)

He likes it when we do tricks together! Can you help me? Spin in big circles so the puppy spins around too!

Motion: Follow instructions.

NATHALIE (CONT'D)

I love playing with Wuff.

MICHAELA

Now it's your turn to tell a story! Grab your prompt cards and act out your stories!

Grounding Video

This video is designed to cool down after each of the theme videos are played.

INT. ROOM - DAY

Two facilitators, MICHAELA standing and NATHALIE sitting (so that kids that want or need to sit see that example) wearing colourful and fun clothes, talk to camera. They perform the actions to guide kids watching the video.

MICHAELA

We've tried so many things today!
Now let's calm ourselves down.
Here's a good way to do that. Give
yourself a big hug!

Facilitators cross their arms around themselves, putting each hand on their opposite shoulder.

NATHALIE

Gently pat one arm slowly a couple
of times, now let's pat the other
arm. One more time, pat one arm,
and then pat the other arm.

MICHAELA

And you can do this as many
times as you want.

NATHALIE

You can also do it anytime you feel
nervous or upset and want to calm
yourself down.

Note: the patting doesn't have to be super slow like 1 pat per second, it can be slightly faster than that.

MICHAELA & NATHALIE

Take care! Bye!