

HELPFUL TIPS & STRATEGIES FOR
**Planet 3 - Storymaking
Through Movement**



Table of Contents



Overview	~~~~~	2
Infants	~~~~~	3
Toddlers	~~~~~	7
Preschoolers	~~~~~	11



Overview



This Planet will encourage storymaking through movement using simple props and dress up clothes if available. Participants can also bring in things from home.

A big, open area should be set up, and chairs should be available for participants who prefer to sit while doing the movements. The facilitator will have a quick discussion to orient the group, before starting the first video*. At the end of the video, the facilitators should encourage the group to use the prompts to come up with their own stories, and how to share them through movements. The first video* can be replayed as other participants make their way to the station.

Towards the end of the session, before the whole group comes back together at the Launch Pad, a second video* containing grounding exercises can be played. This should help the children start to calm down after being very active at this station, and allow them to focus on rejoining the rest of the group.

If the participants feel comfortable, their stories could also be recorded as the story they want to share.

Work Produced: pictures and/or videos

** If videos are not available to play, facilitators may use the scripts provided in the Facilitator Resources to guide the participants by reading those out loud.*

Note: The following breakdown is a suggestion. Each group can, and should, adapt these points to best fit their own participants, facilitators, and the space they will use for the session(s). This breakdown is not meant as a prescriptive procedure on how to set up this planet, but as an example of steps that might be useful while setting-up and running this station.

Infants (0-24 months)

Materials Needed	Why?
<ul style="list-style-type: none"> ▪ Microphone, camera, or a phone 	To record the participants
<ul style="list-style-type: none"> ▪ A computer and projector 	To play the video
<ul style="list-style-type: none"> ▪ Paper and pencil, clipboards 	Accessibility reasons
<ul style="list-style-type: none"> ▪ Chairs 	Accessibility reasons & comfort of participants
<ul style="list-style-type: none"> ▪ Emotion Cards (if possible) 	Help participant link storymaking with emotions
<ul style="list-style-type: none"> ▪ Prompt Cards 	Starting point for the discussion
<ul style="list-style-type: none"> ▪ Objects or costumes, if available 	Will be used during the video

Verbal Strategies	Why?
<ul style="list-style-type: none"> ▪ Inform caregiver of the activity and its purpose 	<p>Establishes the main objective and the outcome of the activity.</p>
<ul style="list-style-type: none"> ▪ Ask caregivers if they would like to share one of their stories that happened during the pandemic. Ask them how their experiences might be shared through movement 	<p>This may become a good place to start processing their experiences. You can ask more questions or work with them and their child to find movements they can do together.</p>
<ul style="list-style-type: none"> ▪ Encourage interaction between caregivers and infants towards other caregivers and infants 	<p>Expanding on the infant's understanding of the world and allowing them the opportunity to think, hear, and communicate to the best of their abilities towards others outside of their immediate family. Creates awareness and builds community.</p>
<ul style="list-style-type: none"> ▪ Make use of the prompt cards 	<p>If the participants are not feeling inspired, the prompt cards may serve as a starting point to remember their experiences.</p> <p>It's important to remind them they are free to pick a story that goes beyond the original question.</p>
<ul style="list-style-type: none"> ▪ Use simple, open-ended questions 	<p>Enables creativity, communication and promotes their thinking as they hear themselves converse with caregiver and facilitator.</p>

Arrangements Strategies	Why?
<ul style="list-style-type: none"> ▪ Providing chairs. Participants can choose to sit if they prefer. 	For accessibility purposes
<ul style="list-style-type: none"> ▪ Have recording tool on hand (if the participants are interested) 	Having the camera or recording device ready will establish readiness and smooth transition.

Behavioural Strategies	Why?
<ul style="list-style-type: none"> ▪ Facilitators that feel comfortable should also participate in the movement. Encourage caregivers to do the same. 	Shows that it is ok to look a little ridiculous; the goal is to have fun. It encourages children and caregivers to be less self-conscious and enjoy the activity, even if they might not already know the other participants. Puts emphasis on having fun and trying new movements instead of doing the movements 'well'.
<ul style="list-style-type: none"> ▪ Observe children actions 	Reinforce the infant's movement and encourage the infant to continue engaging.
<ul style="list-style-type: none"> ▪ Ending the station with some grounding exercises 	Draw everybody's attention back to the present moment, and help everyone focus

Toddlers *(14 months - 3 yrs old)*

Materials Needed	Why?
<ul style="list-style-type: none"> ▪ Microphone, camera, or a phone 	To record the participants
<ul style="list-style-type: none"> ▪ A computer and projector 	To play the video
<ul style="list-style-type: none"> ▪ Paper and pencil, clipboards 	Accessibility reasons
<ul style="list-style-type: none"> ▪ Chairs 	Accessibility reasons & comfort of participants
<ul style="list-style-type: none"> ▪ Emotion Cards (if possible) 	Help participant link storymaking with emotions
<ul style="list-style-type: none"> ▪ Prompt Cards 	Starting point for the discussion
<ul style="list-style-type: none"> ▪ Objects or costumes, if available 	Will be used during the video

Verbal Strategies	Why?
<ul style="list-style-type: none"> ▪ Inform child and caregiver of the activity and its purpose 	<p>Establishes the main objective and the outcome of the activity.</p>
<ul style="list-style-type: none"> ▪ Ask caregivers and children if they would like to share one of their stories that happened during the pandemic. Ask them how their experiences might be shared through movement 	<p>This may become a good place to start processing their experiences. You can ask more questions or work with them both to find movements they can do together.</p>
<ul style="list-style-type: none"> ▪ Encourage interaction between caregiver and child towards other caregivers and children 	<p>Expands on the child's understanding of the world and allows them the opportunity to think, hear, and communicate to the best of their abilities towards others outside of their immediate family. Creates awareness and builds community.</p>
<ul style="list-style-type: none"> ▪ Make use of the prompt cards 	<p>If the participants are not feeling inspired, the prompt cards may serve as a starting point to remember their experiences.</p> <p>It's important to remind them they are free to pick a story that goes beyond the original question.</p>

<ul style="list-style-type: none"> ▪ "Here are some Emotion Cards, you can pick one." ▪ "Can you pick an Emotion Card that shows how you feel today?" 	<p>Helps them link their story with an emotion</p>
<ul style="list-style-type: none"> ▪ Use simple, open-ended questions 	<p>Enables creativity, communication and promotes their thinking as they hear themselves converse with caregiver and facilitator.</p>

Arrangements Strategies	Why?
<ul style="list-style-type: none"> ▪ Providing chairs. Participants can choose to sit if they prefer. 	<p>For accessibility purposes</p>
<ul style="list-style-type: none"> ▪ Have recording tool on hand (if the participants are interested) 	<p>Having the camera or recording device ready will establish readiness and smooth transition.</p>

Behavioural Strategies	Why?
<ul style="list-style-type: none"> ▪ Facilitators that feel comfortable should also participate in the video. Encourage caregivers to do the same. 	<p>Shows that it is ok to look a little ridiculous; the goal is to have fun. It encourages children and caregivers to be less self-conscious and enjoy the activity, even if they might not already know the other participants. Puts emphasis on having fun and trying new movements instead of doing the movements 'well'</p>
<ul style="list-style-type: none"> ▪ Observe children actions 	<p>Reinforces the child's movements and encourages them to continue engaging.</p>
<ul style="list-style-type: none"> ▪ Move alongside children and encourage caregivers to do the same while they share their stories 	<p>Helps create a relaxed environment. It engages everyone, instead of adults waiting by while the child participates.</p>
<ul style="list-style-type: none"> ▪ Ending the station with some grounding exercises 	<p>Draw everybody's attention back to the present moment, and help everyone focus</p>

Pre-School *(2.5 - 6 yrs old)*

Materials Needed	Why?
<ul style="list-style-type: none"> ▪ Microphone, camera, or a phone 	To record the participants
<ul style="list-style-type: none"> ▪ A computer and projector 	To play the video
<ul style="list-style-type: none"> ▪ Paper and pencil, clipboards 	Accessibility reasons
<ul style="list-style-type: none"> ▪ Chairs 	Accessibility reasons & comfort of participants
<ul style="list-style-type: none"> ▪ Emotion Cards (if possible) 	Help participant link storymaking with emotions
<ul style="list-style-type: none"> ▪ Prompt Cards 	Starting point for the discussion
<ul style="list-style-type: none"> ▪ Objects or costumes, if available 	Will be used during the video

Verbal Strategies	Why?
<ul style="list-style-type: none"> ▪ Inform child and caregiver of the activity and its purpose 	<p>Establishes the main objective and the outcome of the activity.</p>
<ul style="list-style-type: none"> ▪ Ask caregivers and children if they would like to share one of their stories that happened during the pandemic. Ask them how their experiences might be shared through movement 	<p>This may become a good place to start processing their experiences. You can ask more questions or work with them both to find movements they can do together.</p>
<ul style="list-style-type: none"> ▪ Encourage interaction between caregiver and child towards other caregivers and children 	<p>Expands on the child's understanding of the world and allows them the opportunity to think, hear, and communicate to the best of their abilities towards others outside of their immediate family. Creates awareness and builds community.</p>
<ul style="list-style-type: none"> ▪ Make use of the prompt cards 	<p>If the participants are not feeling inspired, the prompt cards may serve as a starting point to remember their experiences.</p>
<ul style="list-style-type: none"> ▪ "Here are some Emotion Cards, you can pick one." 	<p>It's important to remind them they are free to pick a story that goes beyond the original question.</p>
<ul style="list-style-type: none"> ▪ "Can you pick an Emotion Card that shows how you feel today?" 	<p>Helps them link their story with an emotion</p>
<ul style="list-style-type: none"> ▪ Use simple open-ended questions 	<p>Enables creativity, communication and promotes their thinking as they hear themselves converse with caregiver and facilitator.</p>

Arrangements Strategies	Why?
<ul style="list-style-type: none"> ▪ Providing chairs. Participants can choose to sit if they prefer. 	For accessibility purposes
<ul style="list-style-type: none"> ▪ Have recording tool on hand (if the participants are interested) 	Having the camera or recording device ready will establish readiness and smooth transition.

Behavioural Strategies	Why?
<ul style="list-style-type: none"> ▪ Facilitators that feel comfortable should also participate in the video section. Encourage caregivers to do the same. 	Shows that it is ok to look a little ridiculous; the goal is to have fun. It encourages children and caregivers to be less self-conscious and enjoy the activity, even if they might not already know the other participants. Puts emphasis on having fun and trying new movements instead of doing the movements 'well.'
<ul style="list-style-type: none"> ▪ Observe children actions 	Reinforces the child's movements and encourages them to continue engaging.

<ul style="list-style-type: none"> ▪ Move alongside children and encourage caregivers to do the same while they share their stories 	<p>Helps create a relaxed environment. It engages everyone, instead of adults waiting by while the child participates.</p>
<ul style="list-style-type: none"> ▪ Ending the station with some grounding exercises 	<p>Draws everybody's attention back to the present moment, and helps everyone focus</p>

Helpful Tips:

- » Make sure to accommodate kids with different abilities. Despite it being a movement focused Planet, have chairs set up in case children need a chair to sit down on and create movements from sitting.
- » While there are videos and given scripts on the movements, if kids want to, encourage them to create their own movements
- » Encourage kids to explore what movements feel good to them
- » Ask what objects make them feel safe and comforted and which do not