

YWCA Greenwich
Domestic Abuse Services
24/7 Hotline 203-622-0003

Creative Movement Exercises for Kids or the Whole Family

Why movement?

Movement is a great way to express oneself, whether it's choreographed or improvised exploration! During this time of quarantine, tapping into new outlets for self-expression, or honing existent passions, can be a great way to engage your children individually or the family as a whole. Note – remember, it's not about how you look, it's just about getting the body moving!

Creative movement prompts

Moving the Opposites

Ever find yourself stuck thinking in black and white terms? Sometimes it can be hard to see the gray. This creative movement exercise explores just that. The objective is to identify a set of opposites and explore how they inspire your body to move. As you continue this exploration, begin to pay attention to the space in between the opposites and explore how your body moves when transitioning from one polarity to the other. Feel free to move in silence or with music accompaniment. After moving, it can be a good idea to have a follow-up conversation with those joining you in this exercise. Below you will find suggested sets of opposites and possible questions to foster a follow-up discussion. And check out the video for an example of this creative movement exercise.

A way to adapt this exercise to be more musically oriented is to choose songs from various (or seemingly opposing) genres and let that be the inspiration for your movement, such as rock versus classical versus hip hop. This can be a great time to share your favorite music with your family!

Sets of Opposites:

- Push – Pull
- High – Low
- Smooth – Rough
- Hard – Soft
- Sunny – Overcast
- Linear – Wavy
- Out of control – In control
- Concerned – Unconcerned
- Enthusiastic – Apathetic
- Young – Old
- Tired – Energetic

Questions for follow-up discussion:

- How does it feel to move your body to the different opposite words?
- Which opposite did you enjoy moving like most? Which did you enjoy moving like least? Why?
- What is it like transitioning the movement from one side of the opposite to the other? Did you find any similarities between the opposites when moving from one to the other?
- Did anything surprise you about your movement when moving like the opposites or transitioning between them?
- Did any images or memories come to mind when moving like the opposites or transitioning between them?