



Moving with bricks

Have fun moving with bricks by using them in different ways around your body and copying each other as you do it.

Skills we will be engaging

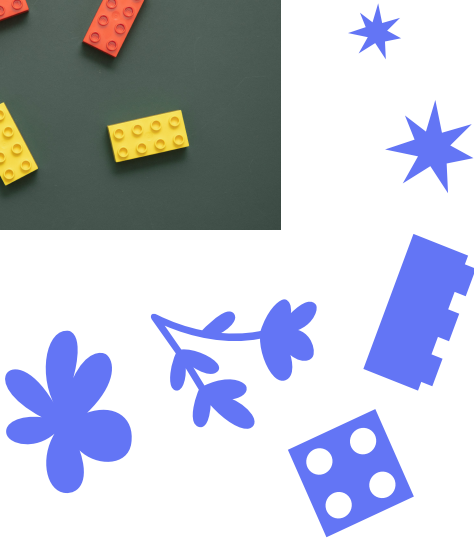
- SOCIAL — Laughing together, talking, listening.
- EMOTIONAL — Having fun.
- COGNITIVE — Remembering and copying actions.
- CREATIVE — Making up actions.
- PHYSICAL — Moving your body.

Getting ready

- Aim for a time of the day that works for your family.
- Read the activity beforehand and get the materials ready.
- Feel free to adapt the activity to meet individual needs (e.g. avoid disliked colours or use a soft surface to reduce brick noise)
- Have a snack and a drink, a movement break and a quick trip to the toilet.

You will need

- 4 LEGO® bricks (DUPLO® bricks are best as they are bigger.)



How to play

- 01 Get a **matching pair of bricks each**. Explain that you will be copying each other, “See if you can do what I do?”
- 02 **Tap the bricks** above your head so that they make clicking sounds. Ask your child to copy by saying “Now you do it”.
- 03 Tap the bricks in front of your chest. Say to your child “**Now you do it**”.
- 04 Keep going, trying **different movements**, e.g., tap the bricks behind your back, behind your knees, down low, up high. You might even come up with a dance! Why not try tapping them on different surfaces around the house!



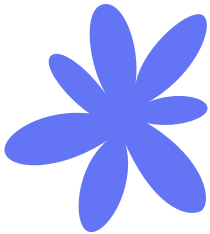
“Let’s do it again!”



“Shall we make a quiet tap or a loud tap?”

Talk & play

- Take a few moments to watch what your child is doing. Notice and comment on what is happening.
- You might like to ask your child some questions while you play.



Go with the flow

If the activity doesn’t go exactly to plan, or you do things differently to the way they are described in the instructions, then that’s ok. Go with the flow, follow your child’s lead and have fun!

Adapt the activity

Make it easier

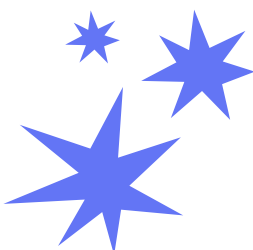
- **Say the action** as you do it. For example, “above your head”, “behind your back”.
- **Practice** the same action a few times.
- **Guide your child** by holding their hands and showing them how to tap the bricks together.
- **Join in.** If your child creates an action, you copy them and see what happens.

Including others

- Let one child create an action for the other child to copy.
- Encourage the children to take turns copying each other.
- Let the children make up a set of actions for you to copy.

Let’s do a challenge

- **Swap!** Let your child create the actions and show you what to do.
- How many **different actions** can you copy in one go?
- Add some **music** to your actions.
- Try it **quickly, slowly, quietly**.
- **Swap bricks.** Make different movements with different coloured bricks.
- Create a series of actions that can be made into a **dance routine**. Maybe even create your own video!



Signs of Success

Check-in with your child and see if they are having fun, you know your child best, and you’ll recognise what fun looks like for them. Remember it’s about everyone feeling happy and relaxed.