

All the Wonderful Ways to Move

by Laura Baker, Illustrated by Sandra de la Prada

A bouncing rhyming story by Laura Baker, illustrated with warmth and humour by Sandra de la Prada, that celebrates the joy of physical activity and fitness in all its forms.

This playful book inspires ALL children to find their own wonderful way of moving. From an energetic warm up, to a wacky freestyle section and a calming cool down, this is the perfect book to encourage little ones to get active.

Preparation

- Read through the story so you are familiar with it – it will also enable you to practice the best way to hold the book so the children can see the pictures, and you can still see the words.
- This is a book that encourages participation in all the moves so you may want to set up your storytime area in a way that gives enough space to do this.
- If you know that you regularly have children attend your sessions with additional needs, have a think about how you could adapt the moves if required, such as suggesting their parent/carer help them or alternative moves they could do – for example if the moves says jump up, they could put their hands in the air.
- Decide on any rhymes you want to include.
- Prepare any follow up activities you want to do – you can find activity sheets on the BookTrust website.

Reading the story

Here are some questions you could ask to engage children with the story. This could be as you read the story or you could come back to one or two pages and do this afterwards.

- **Cover page – before you start reading.** What ways to move do you think will be in the book?
- **Any page.** What animals can you see?
- **At the end.** What was your favourite move?



Bookstart Storytime Session plan



Rhymes

There are rhymes available on BookTrust's website for this story, here are some more to try:

If You're Happy and You Know it

If you're happy and you know it clap your hands (clap clap)

If you're happy and you know it clap your hands (clap clap)

If you're happy and you know it

And you really want to show it

If you're happy and you know it clap your hands (clap clap)

Repeat with: stamp your feet (stamp stamp); nod your head (nod nod); say we are (we are)

Songwriter: Joseph G. Raposo

Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes

Knees and toes

Head, shoulders, knees and toes

Knees and toes

And eyes and ears and mouths and nose

Heads, shoulders, knees and toes

Knees and toes

Penguins Attention

Actions: When body part called out, flap arms side to side like a penguin, kick legs in and out and nod your head. After a body part has been called out keep doing the action all through the song until the line "penguins attention". Then you stop and wait for it to be called out again. When "sit down" is called out at the end you stop and sit down.

Have you ever seen a penguin come to tea

Take a look at me a penguin you will see

Penguins attention

Penguins begin

Right Flipper*

Have you ever seen a penguin come to tea

Take a look at me a penguin you will see

Penguins attention

Penguins begin

Repeat with new words/actions*

Right Flipper, Left Flipper

Right Flipper, Left Flipper, Right leg

Right Flipper, Left Flipper, Right leg, Left leg

Right Flipper, Left Flipper, Right leg, Left leg, Nod the head

On the final verse replace Penguins begin with Penguins sit down



Activities

The following activity sheets are available on the BookTrust website.

- Colouring sheet 1 (animals)
- Colouring Sheet 2 (dancing shoes)
- Activity Sheet 1 (matching animals and movements)

Other activity ideas can include:

- Make a trumpet – use a piece of paper to make a trumpet. Starting from the corner roll page along the long edge until it makes a cone. Make sure to not roll it too tight at the beginning to allow a space at the mouth hole. Use a small piece of tape to secure the final edge to the body of the cone.
- Musical statues.
- Move like an animal – call out various animals and get the children to move like them (waddle like a penguin, hop like a frog) you could also get the children to make suggestions.
- Action dice – similar to above but use or make a dice and get different children to roll the dice and do the action the dice lands on (or the corresponding number if using a normal dice).

End of session

- Hand out sticker books to any family who doesn't have one
- Give the relevant sticker
- Encourage the family to look at the rhyme for this week that's in the booklet
- Suggest one or two follow up activities from the list that you haven't used

