

How Do You Walk When...?



Ask your child if he can express some feelings such as tired or rushed in the way he walks.

Your child will use his imagination to express through words and actions his ideas about feelings

Is that the way you walk when you're being very quiet?



Why this is important

When you give your child the opportunity to act out what he imagines, he will learn that exploring his imagination is acceptable behavior. Through imagining we work with, or manipulate, ideas instead of objects. Later, his imagination will carry him beyond his familiar world and allow him to think about places he's never been and solutions to problems that haven't happened yet.

What you do

- Walk in a silly way past your child. When he seems curious, tell him: *I'm walking like I'm dizzy.*
- Invite him to play a walking game. Explain that you will ask him about a new way to walk, and he will answer by walking that way.
- Ask the question the same way each time: *How do you walk when you are*
lost?
rushed?
tired?
very old?
very young?
excited?
- Encourage him to close his eyes, think about how he might feel, and then walk that way.
- Empathize when the task is too difficult. Offer an alternative that he may be more familiar with:
Yes, it is hard to imagine sometimes, isn't it? Can you imagine feeling excited instead?

Another idea

Invite your child to imagine animals walking in various ways. For example, a lost bird, a tired elephant, an old monkey, etc.

Let's read together!

Glad Monster, Sad Monster
by Anne Miranda