

Making floor and standing shapes is a fun way to play, explore and learn about the body, it's range of movement, encouraging body control, co-ordination and balance. Try singing the following song and encourage your little one to practice the movements alongside each star actions!



## Star Shape - Floor

To make your star shape on the floor, you need to start by laying down on your back. Stretch your arms out to the side and widen your legs apart. Try and keep your arms and legs as straight as possible! You can also try making star angels on the floor by moving your arms and legs in and out!

## Star Shape - Standing

To make your star shape standing, you need to stand with your feet slightly wide and planted into the floor. Stretch your arms out to the side and have your head looking forward!

## Diamond in the sky

Start standing and place your thumbs together and index fingers together to make a diamond shape. Hold it up high above your head and stretch onto to your tip toes!

## Diamond Shape - Floor

To make your diamond shape on the floor, you will need to lay on your back. Lift your legs off the floor and place the bottom of your feet together. Bend your legs slightly and you should be able to see the diamond shape being made with your legs. See if you can rock side to side and keep your diamond!



**Encourage children to explore different shapes when moving through the activities.  
It will help your child to activate their core muscles!**