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Swinging Exercises – Page Overview

<p>1. exercise Building Nests</p> <p>See the nightingale and sparrow, how they build their nests so narrow – build their nests and build their nests until they're nice and warm.</p>	<p>1. exercise Pingpong</p> <p>Today the owl is late, so Myrtel has to wait – she plays with Lilly – ping – pong.</p>	<p>1. exercise Pretty Fishes</p> <p>See the pretty little fishes swimming in the deep blue water, playing all together happily.</p>	<p>1. exercise Myrtel Goes Around</p> <p>Caterpillar Myrtel goes around in circles – round and round.</p>
<p>1. exercise The Moon is Round</p> <p>The moon is round, the moon is close, has got two eyes, a mouth, and nose.</p>	<p>1. exercise A Little Be-Bo-Bogeyman</p> <p>A little be-bo-bogeyman is dancing all around, all around.</p>	<p>1. exercise Little Snail</p> <p>Little snail, come out, come out, come out of your cosy house.</p>	<p>1. exercise Magic Eggs</p> <p>One magic egg so big – a treasure or a trick? One magic egg so small – a secret for us all.</p>
<p>1. exercise Roof Tiles</p> <p>The house nearly ready – is missing the roof. Let's put on the tiles so that it's waterproof.</p>	<p>1. exercise Little Frog</p> <p>Little frog jumps into the pond over a leaf and then beyond – jump, jump, jump ... Baby frog shouts: "Oh yes, me too! But I can't jump as far as you!" – jump, jump, jump ...</p>	<p>1. exercise Fly Butterfly</p> <p>Fly, butterfly, fly up high, fly until you reach the sky – then flutter down to a meadow and have a rest on a flower.</p>	<p>1. exercise Lilly Files</p> <p>Lilly flies and flies around – from above down to the ground – she flies circles in the sun – flying is a lot of fun.</p>
<p>1. exercise A Flash Comes Down</p> <p>A flash comes down – zigzag – you think it's just a gag – but some time you will see it strike a great big tree.</p>			

Instructions for Swinging Exercises

Swinging exercises prepare children for the training of handwriting skills and should be repeated regularly in different creative ways for several weeks. The connection of music, movement, and speaking in rhythm creates an important foundation for the flow of writing and will lead to a well-balanced handwriting.

This training helps children develop the right movement sequences when writing letters. Children who have difficulties with motor skills are given the chance to work on their weak points and broaden the base for their entire development. Swinging exercises reduce blockages in speech and movement and support the flow within the child. Cross movements stimulate cross-linking of the brain hemispheres, which results in better retention of information and experiences. Therefore it is recommended to continue practicing the exercises for the whole body even after the course has been completed.

The melody line of the accompanying songs supports the movements of each swinging exercise.

It is important to perform swinging exercises regularly for a longer period of time, about 10 to 15 minutes a day. The main goal for all exercises is to progress from larger to smaller movements. Initially the exercises are done on a big scale with the body in a standing position: right arm, left arm, both arms (here cross movements are of particular importance), right leg, left leg; then getting smaller in movement, working with the elbows, knees, hips, head, nose, tongue and eyes. This leaves room for a lot of fantasy and creativity.

Next the shapes are outlined on a table with the finger, then the elbow and then the nose, which is always supported by the rhythm of the music. Then continuing working on the table or the floor the children outline the shapes with wax crayons on big sheets of paper.

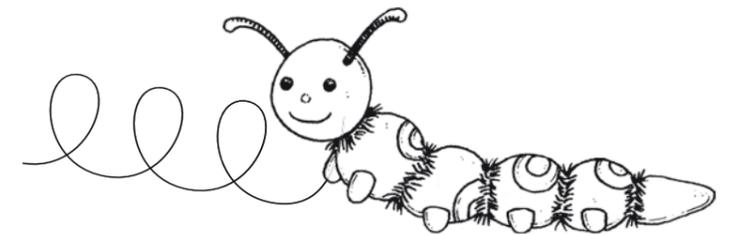
After each exercise has been completed, it will be practiced on a regular basis with thick colored pencils in the swinging exercise book. At this point it is important that the children trace the lines printed in the exercise book.

When an exercise has been completed as described above, the teacher can introduce the next one.

Children are very motivated when each exercise starts with a short story that fits the theme.

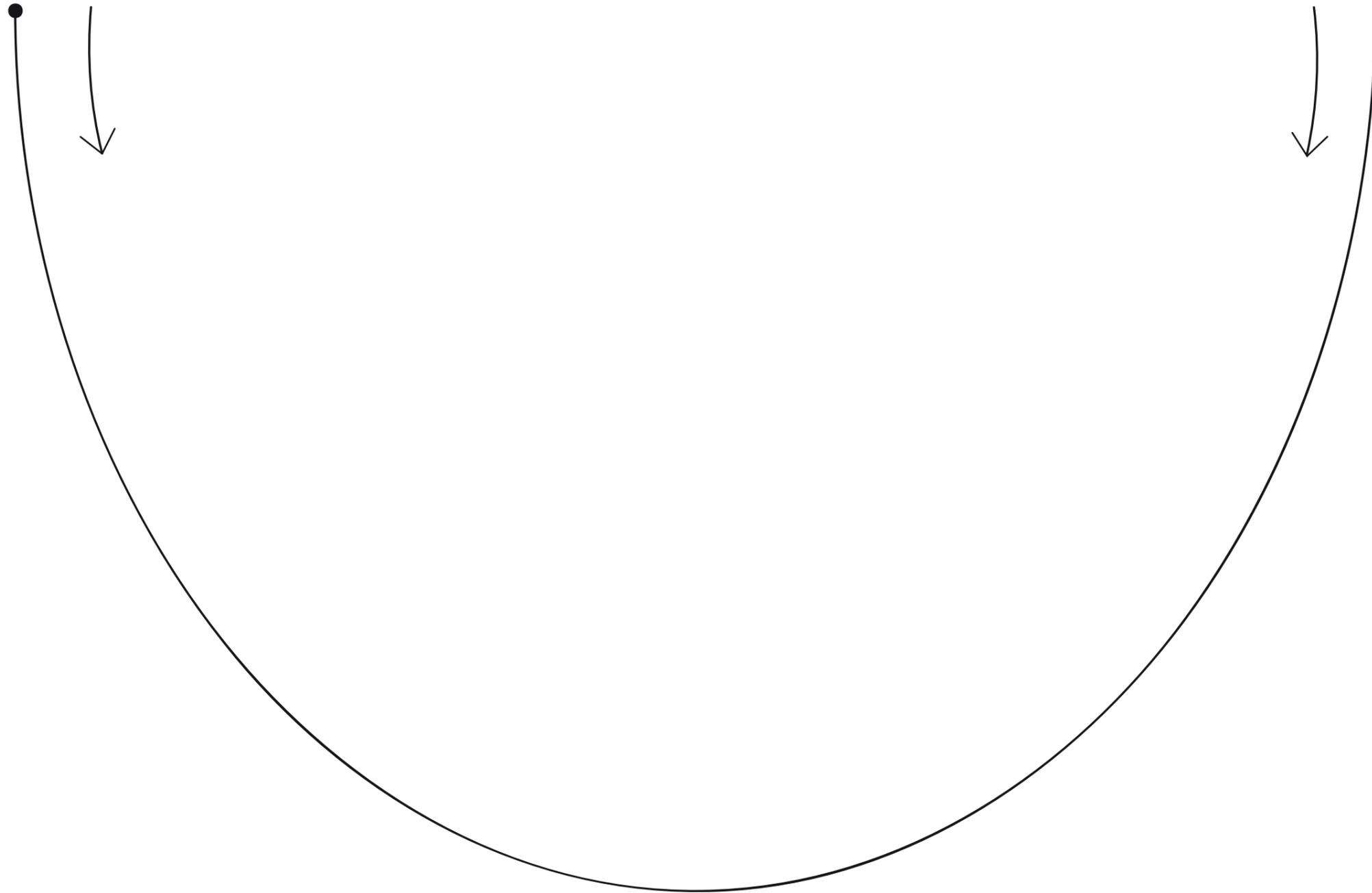
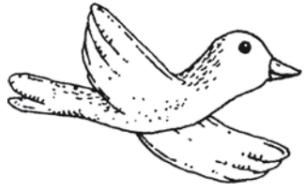
After all exercises in the exercise book have been completed, the whole-body movement exercises should be repeated from time to time.

As an addition to the swinging exercise book, a teacher's manual with detailed information and ideas for art classes is available.



1. Exercise

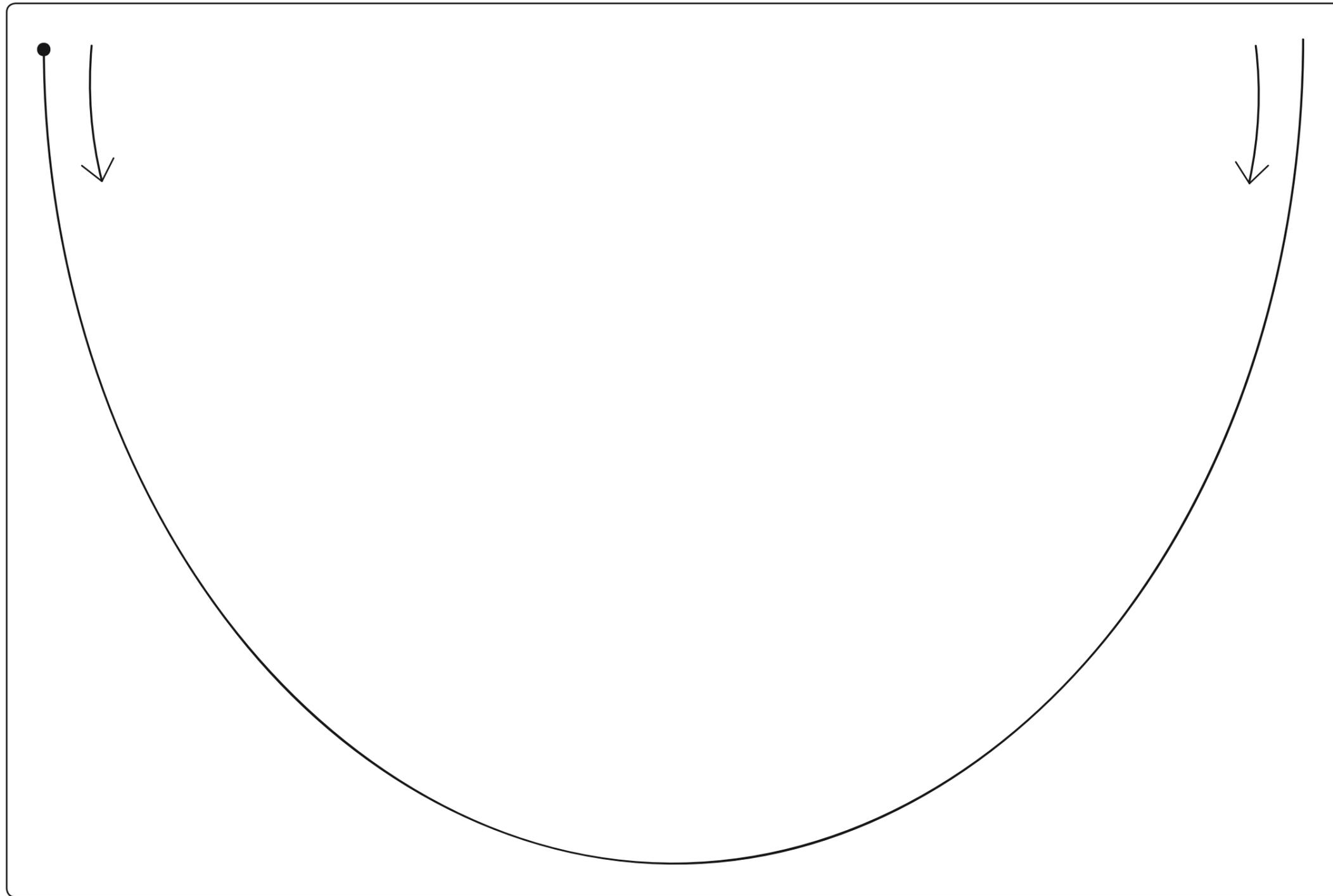
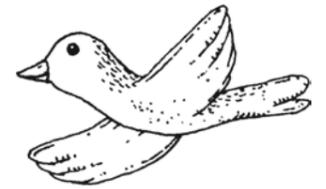
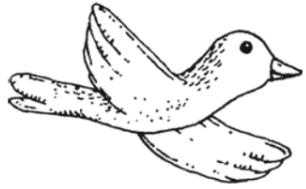
Building Nests



See the nightingale and sparrow, how they build their nests so narrow –
build their nests and build their nests until they're nice and warm.

2. Exercise

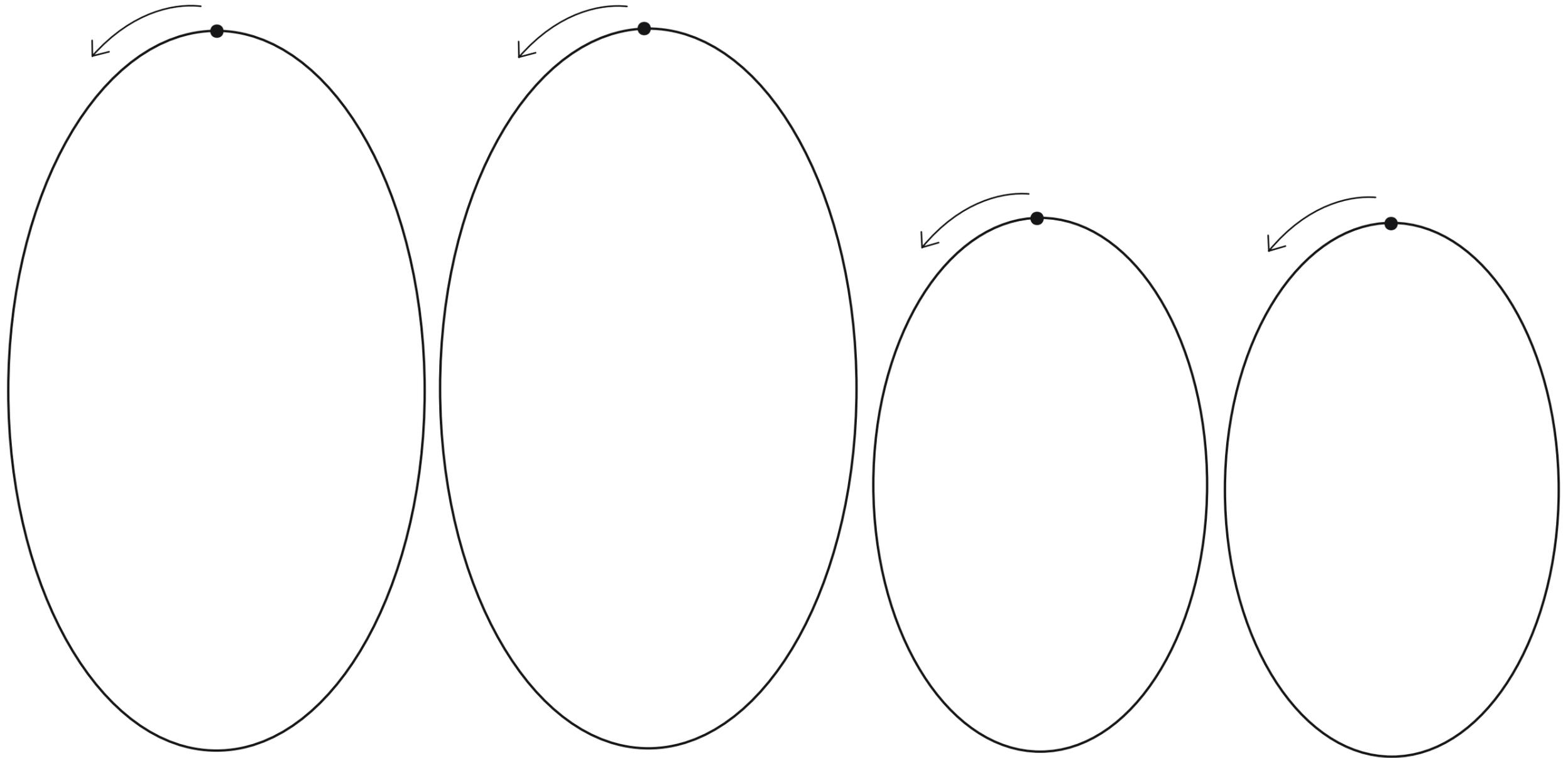
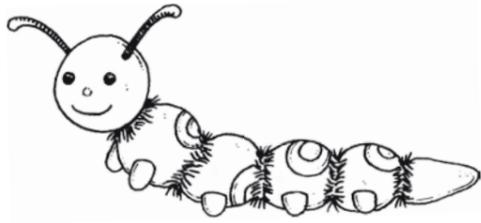
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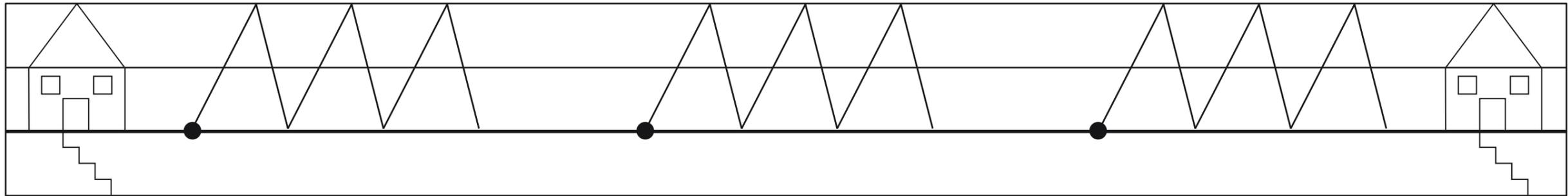
Magic Eggs



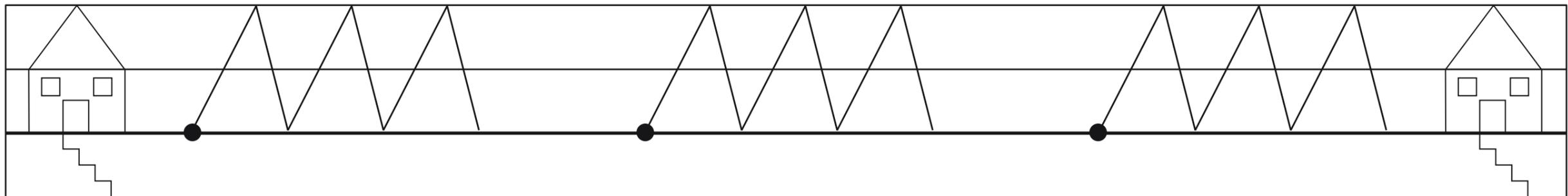
One magic egg so big – a treasure or a trick?
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3. Exercise

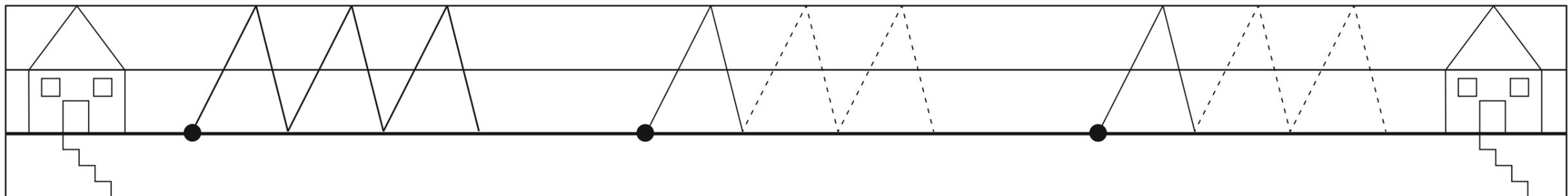
Follow the lines.



Follow the lines.



Follow the lines.



Follow the lines.

