

**SEASONS****HOW TO PLAY:**

- Ask children to find a space in the room with the teacher at the front.
- Warm each part of the body using actions that they can relate to and that are relevant to the theme of the lesson, eg. spring, summer, autumn, winter.
- Spring:  
Gestures, e.g. opening an umbrella, putting on raincoat  
Rabbit jump  
Growing flower  
Swaying in the wind
- Summer:  
Gestures, e.g. licking ice creams  
Stretching for sunrise  
Playing on the beach  
Swimming
- Autumn:  
Gestures, e.g. rain drops with fingers  
Swaying  
Jumping on leaves
- Winter:  
Gestures, e.g. shivering  
Moving like a Jack Frost  
Playing in the snow

**Resources**

- Use music relevant to the Season or Current Chart Music (radio edit versions). Please see music suggestions on the individual lesson plans.