

## SNACK TIME

Learners should eat in a relaxed and quiet environment. They should sit and talk quietly. Observe learners' eating habits as this could alert you to the onset of illness. Encourage them to share their food and practice good manners.

## MUSIC AND MOVEMENT RING

This is a fun time that encourages group participation but it should still be carefully planned! Include free and structured activities. For instance, on some days learners can move freely to music while on others you can teach them a dance.

Include a box of instruments so that learners can accompany the music or let them make their own. (See page 6 of this Teacher's Guide for ideas.)

**These activities can be included during this time:**

- Walking, running, skipping, marching, hopping
- Dancing
- Singing
- Body percussion – clapping, stamping, finger clicking, etc.
- Listening for appreciation
- Instrument work

