



### Warm-up Sequence:

In this warm-up students will differentiate self-space from general space.

#### 1 STEP

Have students find a place in the classroom where they have a bit of space around them. Stand in the front of an open space and have students point their toes towards and gaze towards you.

#### 2 STEP

Reach into your pocket (if you don't have a real pocket reach into your imaginary pocket) and take out your imaginary piece of chalk. To create your kinosphere draw a huge arc all the way around your body by passing the chalk from one hand to another. Draw a huge arc using an extended arm behind your back, around your sides, over your head.

#### 3 STEP

Test your kinosphere for strength by poking it, punching it, kicking it, stretching it, jumping in it, knocking on it.

#### 4 STEP

Have students "remove their voice boxes" (aka become silent) and "place their voice boxes on the ground inside their kinosphere. Have students move their kinospheres around the classroom without bumping into anyone else's kinosphere. If student's kinospheres are not "safe and soundproof" students must sit down for "kinosphere repairs."

#### 5 STEP

Have students move inside their kinosphere without moving it (non-locomotor movement), and then have students move their kinosphere around (locomotor movement). Try using different adjectives to describe the way students should move.



### LESSON APPLICATION

This warm-up is great for lessons where students will be moving through general space. It allows students to practice self-space as well as respectful interaction in general space.