



move + play

a unique blend of movement, stories and games that cultivate a playful mind and body.

Wednesdays, March 6 – April 10, 4-5pm

**at Howland Public Library
for children ages 5-7**

Through movement, stories and games children will develop a greater awareness of their body, and how it is made to move. Together we will look at the structure and movement of different body parts. What would it feel like to explore your hand and how it moves while drawing on a giant piece of paper? Or what would it be like to play with a big parachute to investigate how the diaphragm works in breathing? In this way, children will learn an accurate understanding of anatomy and how both thoughts and language can affect our movement quality. We encourage a playful mind + body which enhances creative, physical and social abilities...while having a silly good time!

Facilitators: Sophia Jackson and Elizabeth Castagna

Sophia and Elizabeth are both certified in the Alexander Technique. Both have taught lessons in and around Beacon.

Please register for this FREE 6-week session with Ginny Figlia, youth services librarian, at youth@beaconlibrary.org or 845-831-1134, x.103. (space is limited)

**learn together, play together
our bodies love to move
bodies love to play!**



Howland Public Library

