BOOGIE BOOTS PLAY GUIDE

Little Slippers in a Whirl of Emotions

CREATIVE EMOTIONAL AND EXERCISE PLAYS

Type: **indoor or outdoor play**
Age: **4 to 7 years**
Players: **1–12 children**
Duration: **5 minutes**

Online support materials

Audio recording / Teeny-tiny Boogie Boots instrumental 2 (soundcloud.com)

Picture cards / Activity and Equipment Cards (pdf, oomc.fi)



Skills exercises

- Emotion skills: joy, sadness and anger
- Skipping
- Creative movement

Equipment

- Audio recording: Teeny-tiny Boogie Boots instrumental 2.
- The picture cards can be used to support play: dance, I improvise, happy, sad and angry.

Preparation

Play music audio recordings in three different styles:

1) fast tempo in a major key (happy)

2) slow tempo in a minor key (sad)

3) hard, rhythmic march in a minor key (angry).

The players act out the emotion being conveyed by the music.

Before starting the music, the players talk and work out how they should move about when happy, sad or angry.

Players can figure out what kinds of animals they are in given situations and why their emotions change. For example, a squirrel finds a wonderful golden pine cone treasure (happiness), a squirrel's pine cone has rotted (sadness), and a squirrel's pine cone has been stolen (anger).

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How to play

EMOTION	MOVEMENT
HAPPINESS	Players move about lightly and rhythmically, hopping back and forth from foot to foot. They can change directions freely.
SADNESS	Players move slowly, shuffling about dejectedly. Their movements and gaze are directed towards the ground.
ANGER	Players stomp about with heavy, pounding steps. They stop suddenly and make big, sweeping gestures.

Adapting a task

Make the task easier

- Instead of jumping from foot to foot, players can hop around in an easier way, such as with both feet, running or walking

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