Starcatchers' #WeeInspirations

No-fuss creative ideas to engage little ones at home

MixedUp

BODY PERCUSSION

THE BASIC IDEA

Watch Bigg Taj in the film and see if you can learn his body percussion together. If you make a mistake, growth mindset phrases like “I love how hard you’re working!” help build resilience.

OVER TO YOU: MIX IT UP!

Try and change the speed – is it easier going faster or slower? What other ways could we change it? Introduce the idea of adding feelings to the movements – frustrated? Excited? Confused body percussion? Give it a try!

CHEEKY BONUSES

- Giving children opportunities to make the movements their own builds agency and engagement
- Starting to explore emotions in a gentle way

VARIATIONS

- Turn it into a turn-taking game – can you guess what emotions the other person is trying to portray?
- Take turns being the “conductor” – everyone else has to copy their movements and rhythm.

AND REMEMBER...

Big Taj may be the expert in body percussion, but YOU are your children’s role model when it comes to resilience. If they see you try different ideas, and be accepting that mistakes are something to learn from, their growth mindset will develop.