

# Starcatchers' #WeeInspirations

No-fuss creative ideas to engage little ones at home



## MUSICAL STATUES

### THE BASIC IDEA

Once you've watched the film, go outside and play musical statues as a way to start exploring the different moves you saw in the film. Use the Mixed Up music if you can!

### OVER TO YOU: MIX IT UP!

When you stop the music, ask your wee one to show you a movement from the film that they loved. When the music starts again, explore it together – it's not about being super accurate, we're generating ideas and being inspired!

### CHEEKY BONUSES

- "Show me" encourages non-verbal communication, and gives even young children the opportunity to lead
- Moving our bodies is a great stress buster

### VARIATIONS

- Call out a different body part to freeze when the music stops – only freeze your arms, or freeze with you back itting on the ground!
- For really wee ones, and babies, hold them whilst you dance to the music then freeze with them. Pulling silly faces is a good bonus!

### AND REMEMBER...

Musical statues helps children realise when they have freedom to move and create, and when they need to freeze and listen. Take their suggestions about what everyone should do when they freeze – it doesn't matter how silly they are!



@StarcatchersCS  
@StarcatchersUK

[www.starcatchers.org.uk](http://www.starcatchers.org.uk)

