



# BodySox® Activity Guide

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## **Introduction**

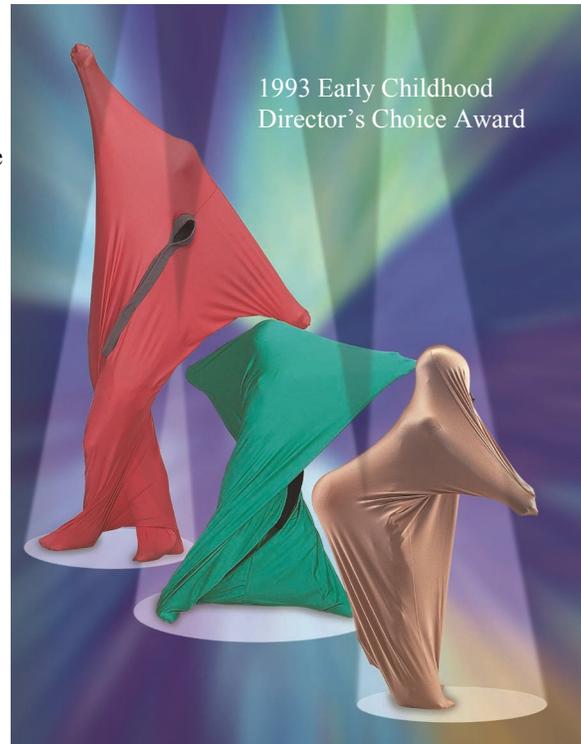
Children love the protective, hiding experience of BodySox. Pressing into the resistance of the 4-way stretchy lycra fabric provides important tactile feedback for spatial awareness and positive body image formation. It's great for quiet time or those days when the kids just can't stay out of each other's space. Use BodySox to demonstrate concepts of shape and space which will also enhance visual and motor coordination.

## **Instructions**

Remove hard sole shoes. Hold BodySox vertically, with opening facing forward. Step into it, placing each foot in a corner. You can use BodySox outdoors by putting your shoes on over fabric. Pull BodySox up and overhead, positioning head in center, top, and place hands/arms in upper corners. Velcro opening if you desire.

## **Movement Ideas**

*Warm-up:* Find ways to move one body part in the BodySox by pressing, pulling, stretching. Stabilize lower body while moving upper body. Stabilize upper body while moving lower body. Move upper right and lower left towards and away from center of body, expanding, contracting, growing, shrinking, rolling, crawling, rocking, jumping, skipping...



## **Activities and Games**

### **Emergence**

Themes of emergence, being born, coming out into the world, hatching eggs, changing, etc. can be developed as children explore different ways they can begin to peel off the BodySox. One arm out, one leg, upper body, lower body, head, etc. Agree upon a theme. As they begin to emerge tell the story, or have another child tell the story picking up on visual cues from the movers.

### **Puzzle**

Children imagine they are each an important piece of a large puzzle. One child starts alone in the center of the room and makes a shape he/she can hold comfortably. Instruct child to find a way to mold to the previous child's shape until the puzzle is completed. Try to move the puzzle from one place to another. Or, let the puzzle come alive as each child finds a repeatable movement within the puzzled relationships already formed.

### **What Am I?**

*Set up:* Divide students into teams (up to 5 per team). Each team has a mat with one BodySox and a small bowl with 10 slips of paper, each with a different item to be "danced out" as in charades. Examples: letters, shapes, animals, movement qualities such as large, staccato, smooth, tiny, quick.

*The Activity:* Students decide who will go first, second, etc. When the music starts, one student at a time dances out in the center of the circle their word. Other students keep time to the music while jogging, skipping, or dancing in place. And enjoy the performance of the "crazy dancer." Students may be taught and encouraged to give positive feedback, like clapping or identifying a movement that they liked. If possible, videotape the performances and allow students to watch themselves (they will love this),

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### **Creature Making**

Decide on a category; insects, snakes, sea creatures, things that grow, birds of flight, creatures from outer space, etc. Select music that mirrors the dramatic quality of the category. Children begin moving their new identity within the BodySox. Verbally reflect back what you see or create a story dance as you pick up on their cues.



### **Stuff-It Parade**

*Set-Up:* Line up behind a line and across from two hula hoops; one filled with hats, helmets, scarves, belts, boots, capes for outside BodySox dressing and another filled with balls, rolled up clothing, tubes, cones, rackets, etc. for inside BodySox stuffing. In three minutes time each child dresses up the BodySox, then moves down the mat in

### **Sox Relay**

*Set Up:* Group 4 to 6 players in small circles with one person in the middle wearing the BodySox. A line across the gym marked with cones is the halfway destination.  
*The Activity:* On the signal to GO, each team moves as a group, holding hands to form a circle around the BodySox person. The team travels to the line and goes around the cone and back to their starting point taking care to keep the person in the BodySox in the middle. Continue until all have had a turn being in the middle with the BodySox. This also works well if you have a CoOperBand which is used as the circle.

### **Duet**

Two children or one child and one adult inside an X-Large or Tall BodySox can be more fun than one. Encourage concepts of partnership and moving into the support of the fabric as one cooperative unit.

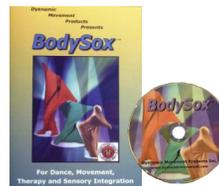
### **Opaque Sox**

*Set Up:* Use an opaque projector with shapes that can be duplicated wearing a BodySox (square, circle, zigzag, etc.) and a screen or light colored wall. One person at a time wears the BodySox. Others sit in a random formation.  
*The Activity:* One at a time, students take a turn putting on the BodySox and duplicate the form as projected by the opaque projector. Those watching can help out by giving cues, like moving arms or legs in various directions to create the shape.

**Note:** BodySox are washable in cold water, hang dry.

**IMPORTANT:** Close velcro before washing so velcro does not stick to fabric.

*DVD available for more ideas:*



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