![Circle of Life Rediscovery logo]

Seeing the Movement Play in Forest School

There are 5 types of movement associated with development of proprioceptive, vestibular and tactile senses. 3 are especially relevant to Forest School activities – and hard to do in school. They are suitable for ALL ages.

The 5 types of movement are:

1. Floor play: backs and tummies
2. Bellycrawling
3. Crawling
4. Push-pull-stretch-hang-buffet about
5. Spin-tip-roll-fall

Of course all activities that children choose are a mix of these. Good observations will identify those children who repeatedly seek particular movements within a range of activities. Particular activities that support this can then be added in.