

INSTRUCTIONS

- Read the story slowly. Pause during the story so the children have time to carry out the movements and increase their intensity.
- Let the children tell their own active story!

ESCAPE FROM THE PIRATES!**HERE ARE THE MOVEMENTS THE CHILDREN MUST ACT OUT WHEN THEY HEAR THESE WORDS:**

ACTION 1: Balance on one foot.

ACTION 2: Pretend to swim by making arm motions (lying on the ground or sitting on a chair).

ACTION 3: Walk like a crab.

ACTION 4: Run in place, crouch down, and stand up at the signal to avoid the cannonballs.

ACTION 5: Kneel down on all fours and don't move. The game leader walks through the rows and gently pushes each child from the side. The child must push back gently in order to not lose their balance.

ACTION 6: Jump with feet together. The children take turns jumping in hoops set out on the floor in advance.

ACTION 7: Walk on tiptoes for 30 seconds.

ACTION 8: Crawl on all fours for 30–60 seconds.

ACTION 9: Pretend to climb. The children stretch out their arms and raise their knees as high as they can.

You are sailors and have been captured by pirates. They want to feed you to the sharks. They have you walk the plank so you will fall into the water (**ACTION 1**).

You lose your balance and fall into the sea. You must swim to a deserted island to get away from the sharks (**ACTION 2**).

You escape the sharks and reach the island, where you see cute little crabs. You follow them to the crab colony, imitating how they walk (**ACTION 3**).

The pirates spot you through their spyglass and attack with cannonballs. Run! (**ACTION 4**)

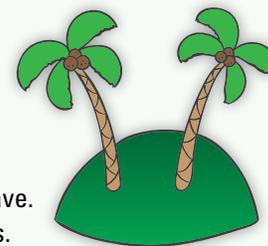
You escape once again. You hide behind a bush and stay very still (**ACTION 5**).

The pirates are still looking for you. If they see you, they'll recapture you! Luckily, they can't find you and they leave. Now that they're gone, you must find a cabin to protect you from the rain. On your way, you see a group of turtles. You don't want to hurt them, so you jump on rocks instead of stepping on them (**ACTION 6**).

You manage not to step on the turtles, but now you're in the middle of a family of sleeping lions! You don't want to wake them, so don't make any noise (**ACTION 7**)!

You were very quiet and the lions didn't wake up. You can continue your journey. Next, crawl through a tunnel to the other side of the mountain (**ACTION 8**).

You have finally reached the cabin, which is hidden in a treetop. You have to climb up the tree (**ACTION 9**). Good job! You're safe and sound. Now you can rest!



THE RABBIT AND THE STATUE



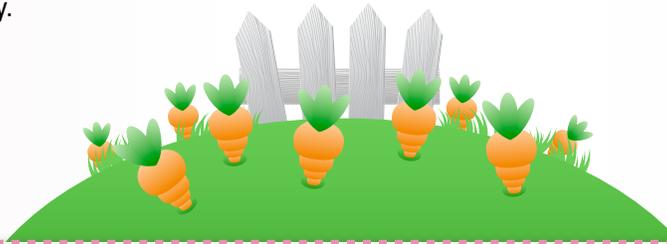
HERE ARE THE MOVEMENTS THE CHILDREN MUST ACT OUT WHEN THEY HEAR THESE WORDS:

RABBIT: Hop with feet together.

STATUE: Balance on one foot.

FROG: Jump like a frog.

MONKEY: Act like a monkey.



A **RABBIT** went out looking for magic carrots on a beautiful spring day. Magic carrots grow in Abracadabra Forest. To get to the forest, the **RABBIT** had to cross a lake. In the middle of the lake, the **RABBIT** met a **FROG**.

"Hello, Mr. **RABBIT**," said the **FROG**. "I don't usually see **RABBITS** swimming in the lake."

"I'm not swimming," answered the **RABBIT**. "I'm looking for magic carrots."

"Oh!" said the **FROG**. "I've heard those carrots can be dangerous! If you eat too many, you can turn into a **STATUE!**"

The **RABBIT** burst out laughing. "A **STATUE?!?**" exclaimed the **RABBIT**. "I think someone has played a joke on you, Mrs. **FROG!**"

The **RABBIT** said goodbye to Mrs. **FROG** and continued along his way. Once the **RABBIT** reached Abracadabra Forest, he met a **MONKEY** and asked where he could find the magic carrots.

"The magic carrots grow at the foot of the biggest tree in the forest," said the **MONKEY**. "But be careful, Mr. **RABBIT**. One of my friends turned into a **STATUE** after eating too many of them!"

The **RABBIT** burst out laughing again. "So you're the one, Mr. **MONKEY**," said the **RABBIT**, "who has been playing tricks on Mrs. **FROG**! Don't worry about me!"

"Good luck!" said the **MONKEY**.

The **RABBIT** continued on his way, laughing the whole time. Soon he reached the biggest tree in Abracadabra Forest. There they were! At the foot of the tree, the **RABBIT** saw the bushy green carrot tops. As he dug them up, he thought they were the nicest looking carrots he had ever seen. Without waiting a minute longer, he bit into a first carrot. It was delicious! The **RABBIT** gobbled down another carrot, and then another. Before he knew it, he had eaten five! But the **RABBIT** didn't realize that the more magic carrots he ate, the hungrier he felt! After eating ten carrots, the **RABBIT** turned into a **STATUE!** Today, you can visit the **STATUE** in Abracadabra Forest, and if you listen closely, you can hear the **RABBIT** laughing!

THE TALE OF MRS. ANT



HERE ARE THE MOVEMENTS THE CHILDREN MUST ACT OUT WHEN THEY HEAR THESE WORDS:

LITTLE: The children crouch down beneath their chairs.

BIG: The children stand up on their chairs.

THE NAME OF AN ANIMAL: : The children run in place behind their chairs.



Mrs. **ANT** was travelling through the **BIG** forest to visit her friend the **LADYBUG**. On her way, she met a cute **SQUIRREL** and said hello. He was so busy gathering nuts for the winter that he barely noticed her. It was a beautiful fall day, and the forest was very colourful.

The leaves were lovely shades of red, yellow and orange. The **BIRDS** were singing in the trees. The **BIG** ones were singing loudly, and the **SMALL** ones were whistling happily. Along the path Mrs. **ANT** met her friend the **FOX**. How **TALL** he was! He asked if he could walk with her to visit the **LADYBUG**. She happily said yes. The two friends continued on their way, chatting the whole time. Suddenly, they came upon a **BIG** crack in the earth. The **FOX** gathered up his courage and asked his friend to climb up onto his back. He jumped with all his might to cross over the **BIG** hole. They made it safely to the other side, but their troubles weren't over! A **BIG** tree had fallen and was blocking the forest path. Since the **ANT** was **SMALL**, she climbed under it, but the **FOX** had to climb over it. Once they were on the other side, the two friends were happy to see **LADYBUG**'s **SMALL** house in the distance. They reached the **SMALL** house quickly. Mrs. **FOX** was very happy to share a snack with Mrs. **LADYBUG** and Mr. **FOX**. Since they didn't all fit inside Mrs. **LADYBUG**'s **SMALL** house, they decided to eat the snack outside, and the three good friends enjoyed a **SMALL** picnic.

