

BEFORE YOU READ THE STORY...

Moving before reading a story can positively impact children's and adults' ability to pay attention, remember information, and be present during the story.

A quick **"NAR-MOVEMENT"** you can do before reading is practicing getting up and down like a Narwhal:

1. Start by making a Narwhal tusk with your arms:

Clap your arms together and stick them up, as if making an elephant trunk.

2. Next, try to sit down cross legged without touching the floor with your tusk (arms).

3. Then try it in reverse to stand up.

(It's a bit tricky at first but you'll get the hang of it with practice!)

You can visually model the task for your child by doing it with them, and also provide verbal prompts like:

"Get your tusk ready",

or

"Keep your tusk in the air!"

Tip: You can also do this *during* the story if everyone is wiggling about!

