

Movement Translation

Bring verbs to life through action!

WHY THIS WORKS

This activity helps children translate action words into movement, connecting language, imagination, and the body. When kids move as they read, they don't just hear words — they *feel* them. This builds comprehension, vocabulary, and focus — especially for wiggly readers!

Verbs are the engine of every story. They carry the energy, the emotion, and the momentum. By giving those words a physical home in the body, children remember them more deeply and understand them more fully. A word like *creep* means something different once you've felt your own feet slow and your breath hush.

This isn't about being a good dancer or a good actor — it's about play. And play is always the best teacher.

HOW TO USE THIS ACTIVITY

1

Pick one or two action words (verbs) from your story. Don't try to act out every word — one or two per session is plenty.

2

Invite your child to act them out together.

"Let's show what that word looks like!"

3

Add a sound effect or facial expression if you like. It makes the word even more memorable — and brings in extra giggles.

4

Celebrate effort, not accuracy. The goal is joyful connection, not choreography!

MOVEMENT TRANSLATION TABLE

Use these as starting points — your child's version is always the right version.

Verb	Possible Movements	Add Sound?
------	--------------------	------------

Jump	Small hops in place	<i>"Boing!"</i>
Tiptoe	Soft, slow steps on the balls of your feet	<i>"Shh..."</i>
Fly	Sweep arms wide like wings	<i>Wind whoosh</i>
Roar	Lean body forward, arms out wide	<i>"ROAR!"</i>
Stomp	Heavy, deliberate steps	<i>"Thud! Thud!"</i>
Stretch	Reach arms as high as possible	<i>Big slow exhale</i>
Gallop	Alternating high knees, rhythmic	<i>"Clip-clop!"</i>
Creep	Slow crawl or sliding steps, hunched	<i>"Ssss..."</i>
Spin	Turn slowly with arms out	<i>Laugh or "Whee!"</i>
Wave	Slow, flowing swirl of one arm	<i>"Whoosh!"</i>

REFLECT TOGETHER

After acting out a movement, pause and ask your child one of these questions. You don't need both — one is plenty.

ASK

"How did that movement feel?"

OR ASK

"Can you think of another way to show that action?"

Each movement builds a **bridge between body and word** — turning stories into sensory adventures, and language into something your child carries in their hands, their feet, and their memory.