

# Alice In Wonderland Movement Adventure

STAY ACTIVE!

Embark on a family adventure through "Alice in Wonderland," combining storytelling with physical movement. This activity encourages families to act out scenes from the story, promoting both creativity and physical fitness.



## Family Objects

### Enhancing Family Bonding Through Shared Storytelling and Movement:

Families will journey together through the whimsical tale of "Alice in Wonderland," performing movements that align with the story's events, fostering unity and collective enjoyment.

### Stimulating Imagination and Creativity:

Participants will embody various characters, using imaginative play to bring the story to life, thereby encouraging creative expression among all family members.

### Promoting Physical Activity in a Fun Context:

The adventure incorporates enjoyable physical challenges, encouraging family members to stay active while having fun.



## Success Milestones

### Active Participation:

Every family member engages in the movements and exercises with enthusiasm, contributing to the collective experience.

### Collaborative Story Engagement:

The family listens to the narrative together, performing corresponding actions in sync, demonstrating teamwork and shared enjoyment.

### Creative Role-Playing:

Family members imaginatively portray characters and scenarios from the story, enhancing the fun and immersive nature of the activity.

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## Activity Overview:

Embark on a family adventure through "Alice in Wonderland," combining storytelling with physical movement. This activity encourages families to act out scenes from the story, promoting both creativity and physical fitness.

## Participants:

Ideal for families of any size, accommodating various age groups.

## Materials Needed:

- A device to play the "Alice in Wonderland" narrative video.
- An open space suitable for movement.

## Setup:

1. Prepare the Space: Ensure there is ample room for all participants to move safely.
2. Access the Narrative: Queue up the "Alice in Wonderland" movement adventure video.

## Instructions:

1. Begin the Adventure: Gather the family and explain that you'll be journeying through "Alice in Wonderland" together, performing movements that correspond to the story.
2. Follow Along: Play the video, pausing after each segment to perform the associated movements as a family.
3. Encourage Creativity: Invite family members to add their own imaginative actions or sound effects to enhance the experience.

## Example Movements:

- Chasing the White Rabbit: Perform bunny hops together.
- Falling Down the Rabbit Hole: Do a gentle rolling movement or forward roll.
- Meeting Characters: Act out the traits of characters like the Cheshire Cat or Mad Hatter through expressive movements.



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## Conclusion:

After completing the adventure, gather to discuss your favourite moments and movements. Consider planning another story-based movement activity for future family fun.

## Additional Resources:

For a guided experience, you can follow along with this "Alice in Wonderland" movement adventure video:

This video provides a structured narrative with corresponding movements, making it easy for families to participate together. By engaging in this "Alice in Wonderland Movement Adventure," families can enjoy quality time together while promoting physical activity and creativity.

