

Musical Shoes

Remember Musical Chairs? This **old favorite** can be **tweaked** to become a magical way for children to dance their way to **Executive Functions!** New rules make it more **inclusive** and nurture relationships, too!



What You Need

- A large **space**, preferably carpeted
 - **Shoes** placed in a circle
- *These can be the children's shoes, extra shoes, or paper cut outs

- **Music**
- **"Workbench Materials,"** such as lacing boards, hammer toys, snipping bin, puzzles, or musical instruments

Some Rules

- Place **TWO fewer shoes** than children in a circle, leaving space between.
- Turn on **music** as children walk around outside of circle
- When music stops, children **grab a shoe** and start to dance in place.
- The two children who don't get a shoe are the **"worker elves"** and go to **workbench** where they lace, tap, snip etc.
- **Repeat**, until all children have a chance to be worker elves, or interest wanes.



How it Develops Executive Functions

Games like Musical Chairs and Duck Duck Goose require children to **pay attention** to both the music, and whatever they are circling, as well as to each other. This builds **working memory and focus**.

They also develop **inhibitory control** as they feel growing anticipation of the music stopping, but have to keep moving!

