



Ms. Jen



Traci Ludwig



Elbow Circles:

1. While seated or standing, put your fingers on your shoulders.
2. Make circles with your elbows (invite youth to choose the size, speed, and direction of their movements).



(Image credit: Nahhan from iStock)



Variation:

If desired, try the movements to the tune of Joni Mitchell's (1966) "The Circle Game." Words to consider are below.

And the circles, they go round and round.
Make them big or little when they're up or down.
Go fast or slow in the carousel of time.
We can't return; we can only look,
Behind from where we came,
And go round and round and round,
In the circle game.



(Image credit: Nahhan from iStock)