

ROW YOUR BOAT

A MOVEMENT GAME FOR YOUNG CHILDREN

Knowing how to moderate one's body, called self-awareness, is a very useful skill that prepares kids for later life. Row Your Boat is a way to teach this skill while having fun!

How to Play

Face your child (or if you have more than one child at home, pair children up facing one another) with knees bent up in front of them and holding hands.

Instruct your child(ren) to rock back and forth in time to the song "Row, Row, Row Your Boat." If you have partnered with your child, she'll benefit more when you let her lead. If you have more than one child, they'll need to work together and keep an eye on their own movements at all times.

BONUS: When you play this game with actual recording ([click here for a fun version from Jbrary](#)) you can add a "freeze" element by stopping the music abruptly. It will make the game more silly & fun while also helping your child(ren) match body movements to the auditory cues.

