
Supporting Creative Movement in Children

— By Brooklyn Phillips —
Student Number: 2502317

What Is Creativity?

Creativity is the ability to generate new ideas, make connections, and express oneself uniquely. It involves thinking beyond conventional boundaries and finding original solutions to challenges. Creativity is not limited to the arts it appears in every aspect of learning and life.

Key Point: Creativity enables problem-solving and self-expression. When children develop creative thinking skills, they gain confidence to approach challenges from multiple angles and communicate their unique perspectives to the world around them.

Why Is Creativity Important for Children in School?

Builds Confidence and Cognitive Flexibility: Creative activities help children develop self-assurance and the ability to think in new ways, adapting to different situations with ease.

Supports Problem-Solving and Critical Thinking: Through creative exploration, children learn to approach challenges from multiple angles and develop essential analytical skills.

Enhances Self-Expression and Emotional Wellbeing: Creativity provides children with healthy outlets to express feelings, build emotional intelligence, and develop a positive sense of identity.



Adventure Bag Resource

The Adventure Bag is a creative movement resource filled with inspiring props such as flower petals, toy animals, pictures, and a helicopter. Children reach into the bag and select an item that sparks their imagination, encouraging them to explore movement possibilities.

Each prop becomes a catalyst for storytelling through dance and creative expression. Children transform into characters, explore different movement qualities, and develop their own imaginative narratives through physical play and exploration.

Using the Adventure Bag in Physical Education

Children select a prop from the Adventure Bag to inspire their movement exploration. Each prop becomes a starting point for creative physical expression and imaginative play.

Use movement prompts to guide activity: travel backwards, move slowly, move like the chosen item. These prompts encourage varied movement qualities and body awareness.

This approach develops creativity, physical literacy, and body awareness simultaneously. Children learn to express ideas through movement while building fundamental motor skills.

The Adventure Bag

Move, Imagine, Explore!

The Adventure Bag is a creative movement resource filled with inspiring props such as flower petals, toy animals, pictures, and a helicopter.

Children reach into the bag and select an item that sparks their imagination, encouraging them to explore movement possibilities.



From Props to Possibilities!

Each prop becomes a catalyst for storytelling through dance and creative expression.



Transform
Children transform into characters...



Explore
...explore different movement qualities...



Imagine
...and develop their own imaginative narratives.

Movement Prompts to Guide Activity

- Travel Backwards**
Explore moving in reverse.
- Move Slowly**
Experiment with slow, controlled movements.
- Move Like the Chosen Item**
Imitate the animal, object or prop.

These prompts encourage varied movement qualities and body awareness.





Creativity
Sparks imagination and original thinking.



Physical Literacy
Builds fundamental motor skills and movement confidence.



Body Awareness
Develops understanding of body and movement.

This approach develops creativity, physical literacy, and body awareness simultaneously. Children learn to express ideas through movement while building lifelong skills.

Lesson Plan Overview Using the RECIPE Framework

- RECIPE stands for:
- R - Recap
- E - Explore
- C - Create
- I - Intervene
- P - Perform
- E - Evaluate

This framework provides a clear, scaffolded approach to creative movement lessons. Each stage builds upon the previous, guiding children through a structured yet flexible journey of creative exploration and physical expression.

Recap

Remind children of last session's movements or stories. Use a warm-up activity featuring familiar movement patterns to reconnect with previous learning and prepare bodies for creative exploration.

Set clear expectations for today's creative exploration. Establish a supportive atmosphere where children feel safe to experiment, take risks, and express themselves through movement.

Explore

Children try moving in different ways with their chosen props from the Adventure Bag. Encourage experimentation with speed, direction, and effort qualities. Allow open-ended discovery without pressure to perform correctly.

Support exploration by asking guiding questions: "How would your animal move?" or "Can you travel slowly like a flower petal falling?" This phase builds body awareness and creative confidence through playful investigation.



Create

Children combine props and movement prompts to develop their own unique movements. They select items from the Adventure Bag and use movement cues like travelling backwards or moving slowly to inspire creative expression.

Invent sequences or stories through movement. Children create their own movement narratives, linking actions together. Teachers support individual expression and originality, celebrating each child's unique creative choices.

Intervene

Offer suggestions or challenges to deepen creativity. Provide targeted prompts like "Can you move even slower?" or "What if your animal was giant?" to push children's imaginative boundaries and expand their movement vocabulary.

Provide encouragement and model ideas if needed. Help children refine and develop their movements through positive feedback, gentle guidance, and demonstrating possibilities without dictating outcomes.

Perform

Children present their movement stories or sequences to the class. This sharing moment celebrates their creative work and builds confidence in expressing ideas through movement.

Foster audience appreciation and peer feedback. Encourage positive responses from watching children, helping performers feel valued while building a supportive classroom community for creative expression.



Evaluate



Discuss what children enjoyed or found challenging during the session. Ask open questions like "What movement felt most fun?" or "What was tricky today?" This reflection helps children process their learning and builds metacognitive skills.

Encourage self and peer reflection on movement ideas and creativity. Children can share feedback with partners about what they noticed. Link reflections to next learning steps, helping children see how today's exploration connects to future sessions.

How the Adventure Bag Game Was Developed

- Created to encourage imaginative, expressive movement in children through play-based learning
- Designed using simple, relatable props that children can easily connect with and respond to creatively
- Tested and refined through multiple sessions with children to ensure engagement and effectiveness
- Iterative development process allowed for adjustments based on real classroom observations and feedback

Connection to Laban's Four Pillars

- Body: Props inspire different body actions, shapes, and movements. Children explore how their bodies can represent animals, objects, or characters.
- Effort: Movement prompts vary qualities such as slow, fast, light, and strong to develop dynamic expression.
- Space: Directions and levels guide movement pathways. Children explore high, medium, and low levels with forward, backward, and sideways travel.
- Relationships: Work solo, in pairs, or groups with props to develop social and collaborative movement skills.

Limitations and Challenges

Some children may be shy or reluctant to participate in creative movement activities, requiring gentle encouragement and alternative entry points to build their confidence gradually.

Limited space in classrooms or halls can restrict movement possibilities, and props may distract some children from the core learning objectives of the activity.

Teacher confidence is essential for open-ended facilitation, and time constraints within the PE curriculum may limit opportunities for deeper creative exploration.

Improvements and Adaptations

Add more diverse props for different themes and cultural backgrounds to spark wider imaginative connections and ensure all children can find relatable items.

Create visual prompt cards with picture cues and develop progression cards tailored to different age groups, supporting differentiated learning pathways.

Include music suggestions and video examples, adapt activities for SEND children with sensory needs, and build cross-curricular links with literacy and drama.

Academic References

- Oclc.org. (2026). *Shibboleth Authentication Request*. [online] Available at: <https://research-ebsco-com.uwtsd.idm.oclc.org/c/onvpsy/ebook-viewer/pdf/vz6hfuylsf?location=https%25253A%25252F%25252Fresearch-ebsco-com.uwtsd.idm.oclc.org%25252Fc%25252Fonvpsy%25252Fsearch%25252Fdetails%25252Fvz6hfuylsf%25253Frequest-context%25253Dplink%252526db%25253Dnlebk>.
- Proquest.com. (2026). *Redirecting*. [online] Available at: <https://ebookcentral.proquest.com/lib/trinity/reader.action?docID=6460875&c=UERG&ppg=1>.
- OF OUR MINDS CREATING THE FUTURE RETHINKING CREATIVITY THREE THEMES CONNECTING EDUCATION, BUSINESS AND CULTURE BEYOND IMAGINING CHAPTER 2: FACING THE REVOLUTION GETTING OUT MORE GETTING THE MESSAGE IT'S ONLY JUST BEGUN USING YOUR BRAIN SUPERCHARGING YOUR BRAIN IT'S GETTING CROWDED THE PERILS OF PREDICTION THE LEISURED SOCIETY? ANTICIPATING THE FUTURE LOOKING FORWARD CHAPTER 3: THE TROUBLE WITH EDUCATION REFORMING AND TRANSFORMING ACADEMIC INFLATION. (n.d.). Available at: <https://ia801203.us.archive.org/14/items/ChaosAndFractalsNewFrontiersOfScience/out%20of%20our%20minds.pdf>.
- Espeland, T. (2024). *The Eight Efforts: Laban Movement*. [online] www.theatrefolk.com. Available at: <https://www.theatrefolk.com/blog/the-eight-efforts-laban-movement>.
- Introduction, A. (2025). *The Actors Forge*. [online] The Actors Forge . Available at: <https://www.theactorsforge.com/resources/12-mastering-movement-an-introduction-to-laban>.

AI Acknowledgement

AI Tool	Date used	Why did you use this tool	Example prompt(s)
https://chatgpt.com/c/69f2894e-4b14-8330-9114-e7db4c5c2bba	29/04/2026	To creat an image	"The Adventure Bag is a creative movement resource filled with inspiring props such as flower petals, toy animals, pictures, and a helicopter. Children reach into the bag and select an item that sparks their imagination, encouraging them to explore movement possibilities"
https://chatgpt.com/c/69f28795-91e4-832c-8a1c-a99732074d4a	24/04/2026	Finding resources	"Give me some websites/books that relate to Supporting Creative Movement in Children" "Give me some websites/books that relate to Labans 4 pillars"