

*So the king and the queen danced together across the sand, back to the boat. The seabirds, delighted to see how happy they were, found that, for just that short time, they lost their harsh voices and could sing sweetly to serenade the king and queen. Round and round, the king and queen danced.*



*Then they got into the king's little boat and sailed back to shore. They traded the boat back for the horse and together galloped back to the castle. Gallop! Gallop! Gallop! The strong brown horse carried them both on his back.*



*They returned to the castle and ruled together happily for the rest of their days.*

So there you have a story that ties together 9 forms (and obviously, forms 6 and 7 are a bit different than the usual running forms - have fun with them). Tell the entire story on the first day (don't mention any forms). On the second day, retell the story and work on the first form. It may take you several weeks to get through all these forms - just keep retelling and reviewing the story as you go along (in other words, don't try to cram all the forms into only one or two tellings of the story!).

Some of the running forms are more suggestive of images than of movement. These forms could also tie in with stories you might tell your child - if you could manage to get 7 of those "bowls" (the form at the bottom of this page) in a row, they could be the bowls set out on the table for the 7 little dwarves in the story of Snow White, for instance. Use your imagination!

