



COCO MOVES

Various physical games: yoga, dance, balance games, 123 Statue, ... to allow children to take sports breaks!



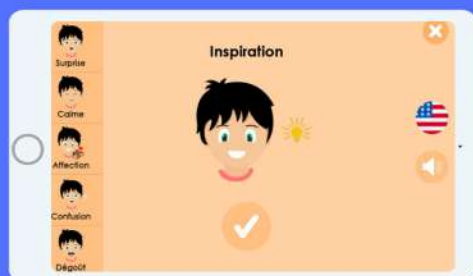
9 physical games to play with children. 30 minutes of sport per day with COCO MOVES

Coco moves helps children to exercise

Ideal for extracurriculars or for breaks. A turnkey activity, with a single facilitator.

BONUS :
All COCO THINKS games

Mime an emotion



The spring



Dance with Coco



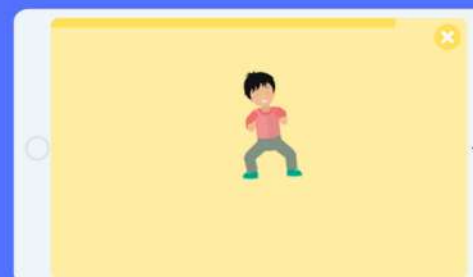
Quiet Time



The acrobat



1 2 3 statue



The yoga apprentice



Mime an animal



Coco said



PURCHASE A LICENSE

Single purchase license on 1 tablet or 1 computer: £60





BONUS : UNLIMITED ACCESS TO COCO THINKS ON YOUR DEVICE

COCO THINKS

Educational games to develop knowledge, work on memory, attention, vocabulary, mental arithmetic, etc.



+ 30
edutainment
games



Smart Screen
Time

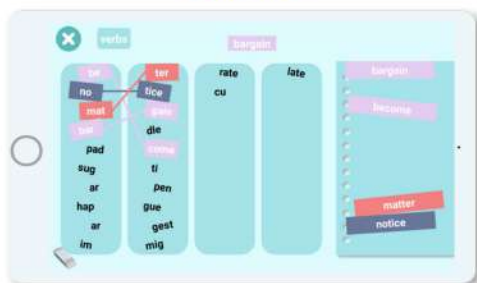


Without
internet
connection

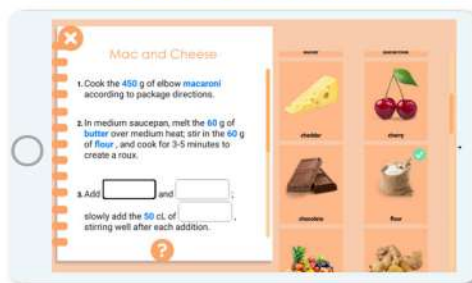


Educational App
Store Certified

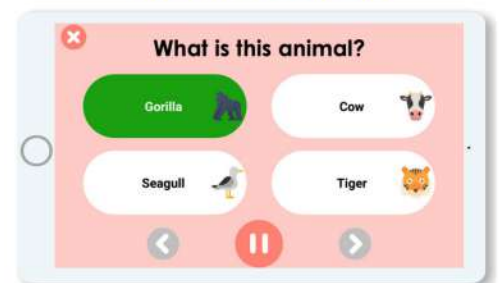
Syllabus



Coco Cooks



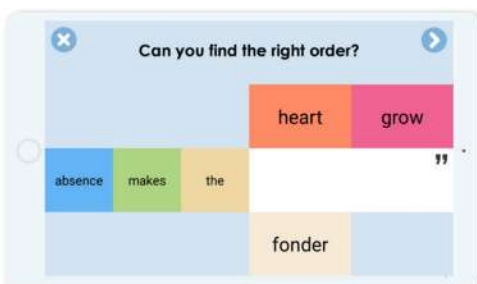
The Musical Ear



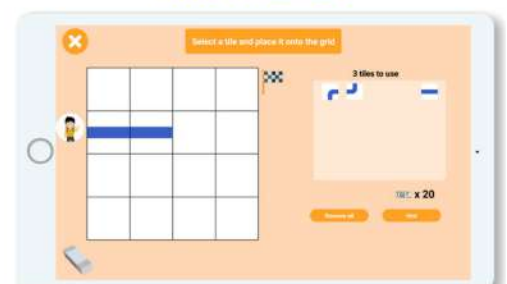
Carnival of the Animals



Brainstorm



The Walker



AN IMPOSED BREAK

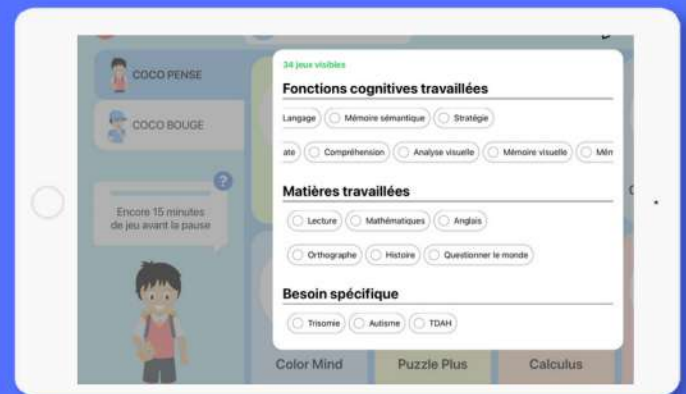
A sports break is imposed every 15 minutes of play, to allow children to clear their brains and learn to detach themselves from screens.



ECOLE INCLUSIVE

You can filter the games according to the cognitive needs of each child, the cognitive functions that you want to stimulate or the educational subjects that you want to work on.

We support all children: DYS, Autistic, or ADHD.



LEARNING MONITORING

Your students can follow their progress within the application, and thus be proud of themselves.



ACTIVITY IDEA WITH

Dance with Coco



This workshop aims to encourage physical activity, creativity, and free expression through dance, providing children with a joyful and energetic opportunity to connect with music, with Coco, and with their peers in a fun and engaging environment. supporting.



Introduction to Dance:

Explain to the children that they are going to participate in a dance workshop where the most important thing is to have fun and let off steam. Introduce Coco as their virtual dance partner who will guide them through the activity.

Warming up :

Start with a short warm-up to prepare the body for physical activity. Use simple, fun movements that involve all parts of the body.

Coco demonstration:

Use a Coco character (perhaps a costumed entertainer or a video projection) to demonstrate simple dance moves that children can imitate. Encourage them to follow Coco and let themselves go to the music.

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Free Dance:

Start a series of songs and invite children to dance freely, encouraging them to match their movements to the rhythm of the music. Encourage creativity and self-expression in dance.

Dance Games:

Incorporate fun dance games, such as a dance competition, a circle dance where each child comes to dance in the center, or a "freeze dance" game where children must stop dancing when the music stops.

Relaxation and Cooling:

After the dance session, guide the children through a short relaxation and cool-down phase with gentle, stretching movements to calm the body and mind.

Awards and Recognition:

Congratulate all participants for their energy, creativity and participation. Emphasize the importance of having fun and feeling free in bodily expression.

Conclusion :

End the workshop with a final free round dance for all children, including those who were eliminated earlier, to end on a positive and inclusive note.

Briefly discuss with the children what they liked about the game and what they would like to do in the next workshop.

ACTIVITY IDEA WITH 1, 2, 3 Redlight

This workshop aims not only to promote physical activity but also to develop children's listening skills and responsiveness, while having fun in a structured and interactive setting.



Explanations and warm-up:

Start with an explanation of the rules to warm them up, encouraging them to move freely and become familiar with the idea of stopping suddenly when the music stops.

The game :

Start the party and let the children dance freely. When the music stops, all the children must stand still like statues. The facilitators then observe the children and select those who have managed to remain completely still.

Those who move are gently eliminated from the round but can encourage their friends.

Game variations:

For example, ask children to pose like specific statues (animals, cartoon characters, etc.).

ACTIVITY IDEA WITH

1, 2, 3 Redlight



This workshop aims not only to promote physical activity but also to develop children's listening skills and responsiveness, while having fun in a structured and interactive setting.



Finale :

The last children remaining in the game can be considered the winners of the round.

You can have multiple rounds to allow all the children to play multiple times.

Vote or Reward:

At the end of all rounds, you can either hold a vote for the "best statue" of the day, or give small rewards or certificates of participation to all the children to encourage them.

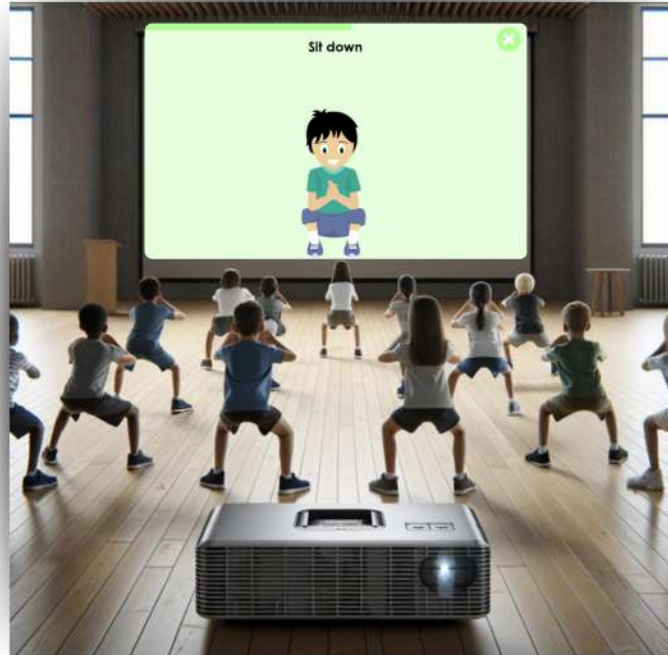
Conclusion :

End the workshop with a final free round dance for all children, including those who were eliminated earlier, to end on a positive and inclusive note. Briefly discuss with the children what they liked about the game and what they would like to do in the next workshop.

ACTIVITY IDEA WITH The Grasshopper



This workshop, in addition to promoting physical activity, encourages children to improve their coordination, listening skills and ability to follow instructions in a fun and interactive way.



Explanations and warm-up:

Introduce the game to the children by explaining that Coco will show them three different positions: standing, sitting, and standing again. Their objective is to follow Coco's rhythm and reproduce her movements as precisely as possible.

The game :

Start the game and start following the order of Coco's movements to reproduce: standing, sitting, standing.

Those who make a mistake are gently eliminated from the round but can encourage their friends.

Game variations:

For example, divide the children into small groups and have them compete to see which group can follow Coco's rhythm and movements without making mistakes.

You can also add a crouch or jump position to make the game more complex and fun.

ACTIVITY IDEA WITH The Grasshopper



This workshop, in addition to promoting physical activity, encourages children to improve their coordination, listening skills and ability to follow instructions in a fun and interactive way.



Finale :

The last children remaining in the game can be considered the winners of the round.

You can create a group or face-to-face "championship" to allow all children to play several times.

Vote or Reward:

At the end of all rounds, you can either hold a vote for the "best spring" of the day, or give small rewards or certificates of participation to all the children to encourage them.

Conclusion :

Provide a time for children to share what they liked about the game and what they found difficult. Emphasize the importance of movement, listening and following instructions in a fun atmosphere.

ACTIVITY IDEA WITH

The acrobat



This workshop aims to develop children's coordination, balance, and concentration in a fun way, while allowing them to recognize and celebrate their own progress and that of others.



Explanations and warm-up:

Explain to the children that Coco will guide them through different positions to work on their balance. Emphasize the importance of concentration and doing your best, even if some positions may seem difficult.

Demonstration:

Show the different balancing positions that Coco will present, emphasizing the importance of posture and concentration. Demonstrate how to focus on the upper body if the full position is too difficult.

Position practice:

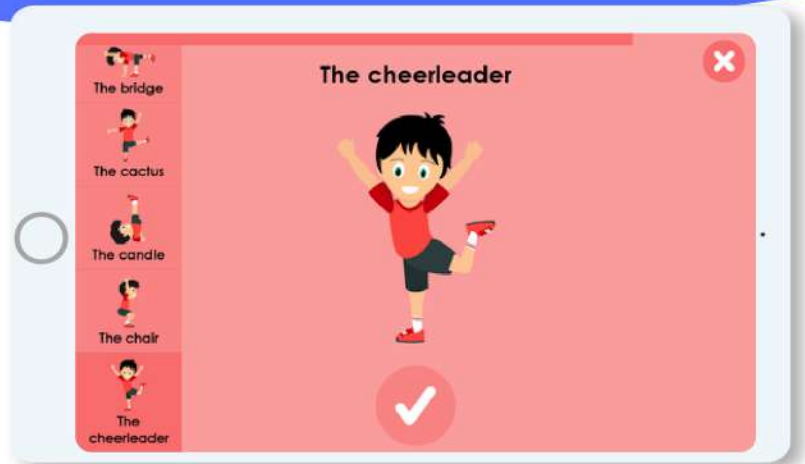
Start the workshop with simple positions to allow children to warm up. Gradually increase the difficulty of the positions, ensuring that all children follow along and try to maintain their balance.

ACTIVITY IDEA WITH

The acrobat



This workshop aims to develop children's coordination, balance, and concentration in a fun way, while allowing them to recognize and celebrate their own progress and that of others.



Encouragement and adaptation:

Constantly encourage children, especially if they find a position difficult. Remind them that it's important to focus on what they can do, even if it's just their upper body.

Balance challenge:

Organize a small challenge where the children can create their own balancing position and present it to the group. This encourages creativity and self-confidence.

Awards and Recognition:

Praise all the children for their efforts and participation. Offer symbolic rewards or certificates of participation to recognize their commitment and progress.

Conclusion :

Offer a time to share where children can express what they learned and what they found difficult or fun.

Emphasize the importance of balance, not only in physical activity but also in daily life, and encourage them to practice these positions at home.

ACTIVITY IDEA WITH

Mime an animal

This workshop not only encourages creativity and bodily expression in children but also allows them to explore and better understand animals and animal behaviors, while strengthening their self-confidence and social skills through role play. and performance.



Explain the aim of the game:

Mimic different animals using body and facial expressions to express the emotions and characteristics associated with each animal. Do a short demonstration by mimicking a few animals to show how different body parts and expressions can be used to represent each animal.

Animal Mime:

Start the game by displaying the first animal on the screen. Encourage each child to choose an animal from the menu and start acting out.

Rotate so that each child has the opportunity to mime several animals and use the "button" to move on to the next animal or of their choice.

Encouragement et Feedback :

Encourage children to be creative in their mimes and provide positive feedback to build their confidence. If a child is having difficulty, offer ideas or help them simplify the mime.

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Mime an animal

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Variations et Challenges :

Introduce variations by asking children to mime how the animal would move in different environments (in the jungle, underwater, etc.) or how it would react to different situations (finding food, escaping a predator).

Group performance:

Organize a small performance where children can work in small groups to create a short scene or mime sequence depicting a story or adventure involving several animals.

Awards and Recognition:

At the end of the workshop, congratulate all participants for their creativity and effort.

Conclusion :

Finish with a discussion about what the children learned about the animals and the emotions they tried to portray.

Encourage them to share their thoughts and what they found fun or difficult.

ACTIVITY IDEA WITH

Coco says



This workshop encourages not only physical activity and creativity, but also the development of social and emotional skills through dance, public performance, and constructive feedback.



Exploration and Selection:

Let children explore the different movements available and encourage them to select those they would like to include in their choreography. Encourage them to experiment with different combinations to create a unique dance.

Composition of the Choreography:

Guide children in composing their choreography by helping them select and organize their chosen movements. Encourage creativity and personal expression in their choices.

Repetition :

Once each child (or group of children) has composed their choreography, give them time to practice it. Make sure the music Coco chooses is well suited to their movements.

ACTIVITY IDEA WITH

Coco says



This workshop encourages not only physical activity and creativity, but also the development of social and emotional skills through dance, public performance, and constructive feedback.



Performance :

Organize a session where each child or group can present their choreography in front of the others. Encourage applause and positive support from all participants.

Constructive Feedback:

After each performance, offer constructive and positive feedback, highlighting the creative aspects and effort of each individual.

Game variations:

Give children the opportunity to modify their choreography based on feedback received or their own observations. This teaches them the importance of creative iteration.

Conclusion :

Provide a time for children to share their experience, what they liked about the workshop, and what they learned about creating choreography and expressing themselves through dance.

ACTIVITY IDEA WITH

Mime an emotion



This workshop aims to enrich children's understanding and expression of emotions, using mime as a fun and educational tool. It also promotes empathy and nonverbal communication, essential skills for social and emotional development.



Demonstration:

Demonstrate some simple emotions to act out, such as joy, sadness, anger, and surprise, to give children an idea of how to visually express these states of mind.

Mime of Emotions:

Start the game by displaying the first emotion on the screen. Encourage children to choose their emotion from the menu and begin their mime. Allow each child to demonstrate their mime before moving on to the next emotion.

Positive Feedback:

Provide encouragement and constructive feedback to help children improve and feel confident in their expression of emotions.

ACTIVITY IDEA WITH

Mime an emotion



This workshop aims to enrich children's understanding and expression of emotions, using mime as a fun and educational tool. It also promotes empathy and nonverbal communication, essential skills for social and emotional development.



Challenge de Mime :

To make the activity more engaging, offer a challenge where the children must guess the emotion mimed by their classmates. This encourages observation and understanding of emotions in others.

Creation Activity:

Invite the children to create a short story or scene that they can act out using the emotions they acted out. This can help consolidate their understanding of emotions and their expression.

Awards and Recognition:

At the end of the workshop, thank all the children for their participation and creativity. Rewards or participation certificates can be distributed to recognize their commitment.

Conclusion :

Provide a time for children to share how they felt during play, what emotions they found easy or difficult to act out, and what they learned about expressing emotions.

ACTIVITY IDEA WITH

The apprentice yogi



This workshop aims to introduce children to yoga in a fun and adapted way, encouraging them to explore conscious movement, deep breathing and relaxation, while respecting their own pace and individual abilities.



Introduction :

Explain the goal of the workshop, which is to learn how to gently relax and stretch through different yoga positions. Emphasize the importance of deep breathing and moving at your own pace.

Discovery of Positions:

Start by introducing the basic yoga positions that Coco will teach, using the audio descriptions to guide children in learning each pose. Use illustrations or displays as visual aids.

Guided Practice:

Let children experience each position at their own pace, encouraging big, deep breaths.

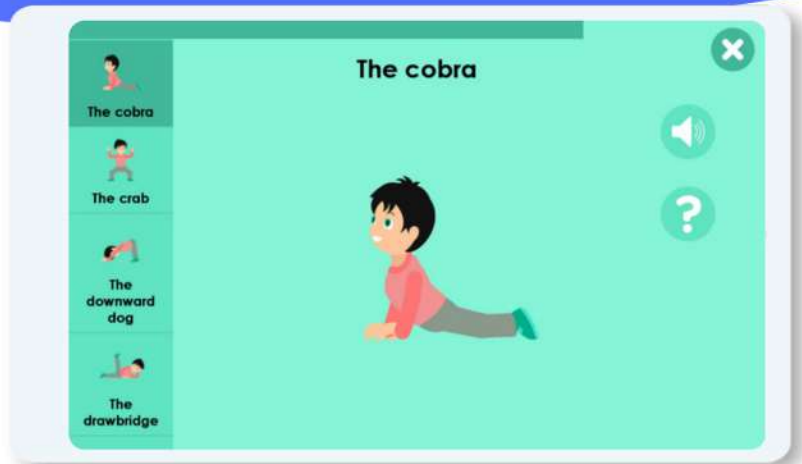
Be available to help adjust their postures if necessary, always ensuring that corrections are gentle and respectful of each person's limits.

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The apprentice yogi



This workshop aims to introduce children to yoga in a fun and adapted way, encouraging them to explore conscious movement, deep breathing and relaxation, while respecting their own pace and individual abilities.



Custom Sequence:

Encourage children to listen to their bodies and create their own yoga sequence by choosing their favorite positions or those that feel good. This allows them to learn to listen to themselves and recognize what their body needs.

Relaxation Finale :

End the workshop with a short relaxation session, guiding the children to a comfortable position (such as corpse position) and inviting them to close their eyes, focus on their breathing and relax each part of their body.

Conclusion :

Provide a time to discuss the experience, allowing children to share how they felt during the workshop, the positions they preferred, and the effects of yoga on their body and mind.

ACTIVITY IDEA WITH Quiet Time



This workshop aims to introduce children to the practice of conscious breathing as a tool for relaxation and stress management, using visual or tactile elements to help focus their attention and deepen their experience of relaxation.



Introduction to Breathing:

Start by explaining the importance of posture for breathing well. Guide children to stand up straight, whether sitting or standing, ensuring their backs are straight but relaxed.

Discovery of the Object:

Present the object that is moving on the screen or the physical object chosen for the exercise. Explain how they will use this object as a focus for their breathing.

Breathing Practice:

Guide children through the steps of breathing:

- Inhale deeply through your nose, focusing on the moving object or gently manipulating the physical object.
- Hold their breath briefly, keeping their attention on the object.
- Exhale slowly through your mouth, continuing to focus on the object.

ACTIVITY IDEA WITH

Quiet Time



This workshop aims to introduce children to the practice of conscious breathing as a tool for relaxation and stress management, using visual or tactile elements to help focus their attention and deepen their experience of relaxation.



Breathing Rate:

Encourage children to follow their own breathing rhythm, reminding them that there is no rush and that the goal is to feel calmer and more relaxed.

Variation of the Exercise:

To maintain engagement, vary the moving objects or physical objects used in the exercise. This can help keep children interested and explore different breathing sensations.

Experience sharing :

After a few cycles of breathing, offer the children the opportunity to share their experience. How do they feel? Did they notice anything special during the exercise?

Relaxing Conclusion:

End the workshop with a short relaxation session, where children can lie down or sit comfortably, inviting them to close their eyes and continue breathing calmly, listening to music or nature sounds.