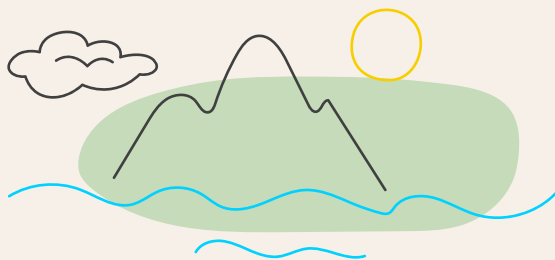


 **ORTODON**

A game set of exercises  
on puzzle mats  
ORTODON

# THE DRAGON SET

## Journey through the magical islands



Developed by  
preschool teachers



100%  
SAFE



## GOALS:

- Develop coordination of movements, dexterity
- Promote the tactile sensation of hands and feet
- To form an interest in systematic physical exercise
- Stimulate the emotional maturation of feelings about friendship, love, and care

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It is recommended to conduct classes with children in a playful way, with musical and poetic accompaniment.



*This magical story about a dragon and friendship invites kids to become a part of a fairy tale and turns exercise classes into a fun game.*

# PREPARING FOR THE GAME

Connect the mats in the correct sequence:  
head, torso and tail to make a dragon figure.



Removable elements: ears, wings, tail  
comb set aside.

Do not walk on them while exercising!

## AN INTRODUCTION TO THE GAME SITUATION



*Who has a dog,  
someone has a cat,  
And we have a little  
The Dragon in our family!  
It's just like a real one  
with shiny scales.*

*Let's get to know him: pat him on the back, find  
out: "Where did he come from?"*

- Hello, kid!

My name is Drakosha. I came from the land of the Good Dragons, which is located on five islands. There are very important laws in the country — the laws of dragon friendship. Therefore, there are never quarrels on the islands and mutual understanding always reigns.

Kid, do you want to go to the Land of the Good Dragons?

• • •

Then let's go on an exciting journey through the magical islands. Get on my back with your legs, raise your arms through the sides up, through the sides down (6-10 times), keep your balance and let's fly!

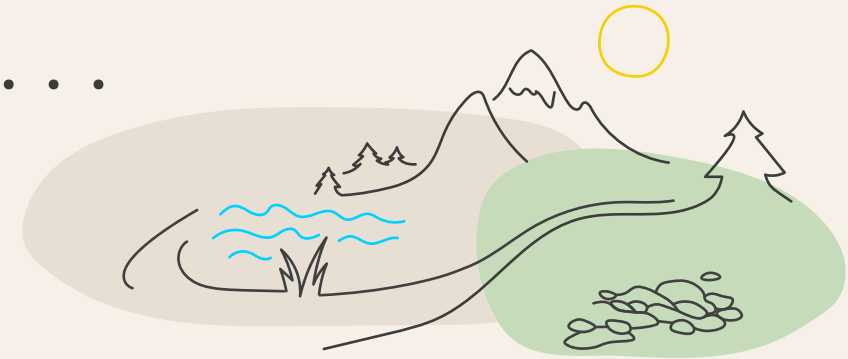
• • •

I see the first island of a magical land. It is called **THE ISLAND OF LONGEVITY**  
We're landing!



Here, the dragons like to walk a lot through the mountains and meadows, along paths and bridges. And each time they walk in a different way.

Sometimes they walk like everyone else – looking in front of them. **Regular walking back and forth along the convex surfaces of the mat (4-6 times)**



And often the dragons walk sideways. So you can also see a lot of interesting things.

**Lateral walking with small side steps across the convex surfaces of the mat (4-6 times)**

• • •

They can walk, crouching down to get a better look at snails and other small friends who decided to walk nearby.

**"Goose Walking" (4 times)**

They can walk with their heels joined and their socks apart. Or, on the contrary, by sliding your socks and spreading your heels in different directions. It's not very easy, but it's funny.

Walking in different ways: both as dragons, and by figuring out how else you can put your feet (4-6 times)

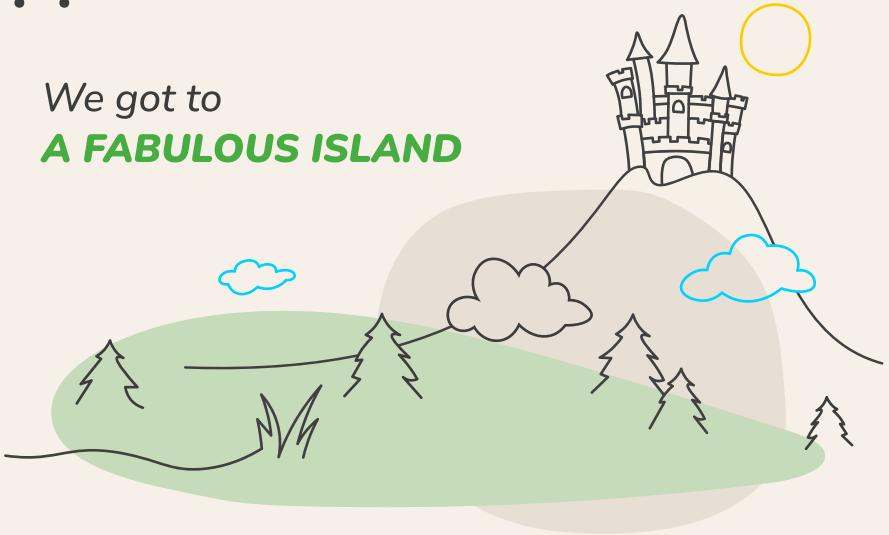
• • •

You're doing great! Clap your hands!  
It's time for us to fly on!

• • •

We got to

**A FABULOUS ISLAND**



There are many fairy tales in the world.  
Children love fairy tales very much.  
Everyone wants to visit them  
And play a little bit.

Now I'm going to read out lines from fairy tales, and you try to guess the fairy-tale hero. For each correct answer, take a step forward on the mat (4-6 times). If the track is over, turn around and continue.

- 1 The hero of a fairy tale by the English writer James Barry. The boy who didn't want to become an adult. He can fly, lives on the island of Neverland. (Peter Pan)
- 2 She is pretty. She has got fair hair and beautiful lips. She is slim and wears a long blue dress. She is kind and not lazy. She can do everything about the house and she can dance well.  
(Cinderella)
- 3 A cheerful, resourceful mouse, a symbol of the Disney company.  
He has a girlfriend. (Mickey)
- 4 He is very funny and brave. He is poor. He has got a long nose and big eyes. He is wooden. He wears a yellow hat, a yellow T-shirt, red shorts and red shoes.  
(Pinocchio)

- 5 *He is very funny but not very clever. He is yellow and fat with a big tummy. He is kind and he has got a lot of friends. He wears a small red T-shirt. He likes honey. (Winnie-the-Pooh)*
- 6 *Kitty, a character in English folk tales. (PussyCat)*
- 7 *The heroine of the book by the English children's writer Pamela Travers. She worked as a nanny and had the ability to do magic. (Mary Poppins)*
- 8 *The character of m/f Walt Disney's "Duck Stories". She is a sweet, cute duck, Donald Duck's girlfriend, loves to sing and dance. (Daisy)*
- 9 *He is small and fat. He has small legs and arms. And he likes jam very much (Karlsson)*
- 10 *He is an orch. He is very big and strong. His skeen is green. (Shrek)*
- 11 *It is lion. It is strong and brave. It has friends timon and Pumba. (Simba)*
- 12 *She is funny, naughty. She has friend Bear. (Masha)*

Yes, you are a connoisseur of fairy tales!  
We continue our journey.  
The next **ISLAND IS LOGORHYTHMIC**

Here, the dragons love to dance and perform  
movements to the music, repeat after me:



*The dragon and I repeat the warm-up  
without hesitation.*

*Hey! We jumped on the spot.  
Eh! We wave our hands together.*

*Eh-heh! They bent the backs,  
looked at the shoes.  
Hey, gay! They bent down lower,  
leaned closer to the floor.*

*To turn on the spot deftly,  
we need skill in this.*

*Movements according to the text*

*So, we have become stronger,*

*Show "strength"*

*Healthier and more fun!*

*Smile at each other*

Well done! We continue the flight.

I see an island. To get permission to land, you need to answer the following questions:

**What can be high?**

(House, man, Mountain, tree)

**What can be round?**

(Wheel, Ball, Ball, Sun)

**What can be edible?**

(Cake, Apple, pie)

**What can be wooden?**

(Table, chair, House)


We're landing. We are greeted by

## **AN ISLAND OF QUESTIONS**

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The dragon will tell you a phrase, for example: "An elephant can fly", "It's always cold in winter", and if it's true, stay in the starting position, standing on the mat, if it's a fiction, squat without opening your feet from the mat (4-6 times)

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*For younger preschool children, you can ask easy questions, and then offer complex phrases that will mislead the kid. Ask the child why he thinks that way. By comparing and reasoning, the child will learn to draw his own conclusions.*

*Squirrels gnaw nuts*

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*The teacher repairs trains*

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*The teacher educates children in kindergarten*

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*In winter, grass grows outside*

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*The pilot treats his teeth*

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*The book is being read*

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*The dog is barking*

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*The cat is barking*

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*The cat meows....*

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*The cook prepares food in the kitchen*

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*It rains every day*

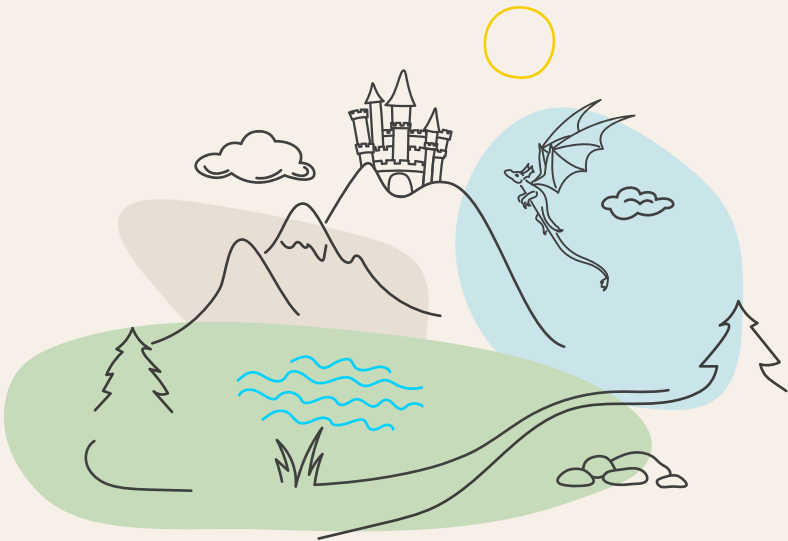
*You did a great job!*

*We continue our journey. The fifth island of the magical land of the Good Dragons is waiting for us — **THE ISLAND OF DREAMS***

“

*Each of the adults, at least for an hour,  
She dreams of getting into his corner.  
All dreams come true here,  
They smile at everyone here!*

*Kid, do you have a dream? Make a wish soon!  
Only, shh, it's a secret!*



# FINGER GYMNASTICS

## "THIS IS ME"

*Are the eyes. That's it, that's it.  
These are ears. That's it, that's it.  
This is the nose, this is the mouth.  
There's a backrest. There's a belly here.  
These are hands. Clap, clap.  
These are the legs. Top-top.  
Oh, tired. Wipe your forehead!*

*The child shows the body parts of himself  
and the Dragon.*

*Performs movements according to the text.*

• • •

*It's time for us to leave the island,  
but we will definitely come back!*

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*Now you can fly,  
be strong and kind,  
like a real dragon!*

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# RECOMMENDATIONS FOR THE CARE OF PUZZLE MATS:

- The sanitary treatment of a puzzle mat is carried out with a 3% solution of hydrogen peroxide or a soap-soda solution.
- After processing, the product is wiped and dried away from heating devices and sunlight.
- The use of abrasive cleaning products is prohibited.

[massagematortodon.com](http://massagematortodon.com)

