

Let's **M**ove and **P**lay

Moving

Children need to learn motor (**moving**) skills, such as hopping, skipping, bending, stretching, throwing, catching and kicking.

- Throw a ball into a large target like a box, a big plastic container or a laundry basket.
- Toss a balloon in the air and hit it upward with both hands. Then use other parts of the body (head, elbow, hip, knee, foot).
- Kick a large ball or balloon. Use one foot. Then switch and kick with the other foot.

Feeling

Activities can help children learn to express their emotions or **feelings**. Children can also learn social skills, such as how to work together, through activity.

- Play "show me". Show how you look when you feel sad, when you are angry, when you feel tired. Show me how you look when you are very happy!
- Put on some music or turn on the radio. Move to the music. Try marching, hopping, taking big or little steps, walking forward or backward.
- Play a mirror game. Have your child face you and make the same shapes you make (as if they were looking in a mirror). Now let the child make the shapes and you become the mirror.

Thinking

Children learn to **think** through movement. Activities can help kids learn math, science, reading and language.

- Read a favorite story to your child. Have her do the actions. If the story is about animals, she can pretend to be that animal. Your child will learn new words, learn to listen as you read and will have fun moving.
- Ask your children to create shapes of letters with their bodies. Together you and your children can figure out how to "spell" words with your bodies.
- Go for a nature walk. What kind of trees and leaves do you see? What are the colors of the flowers?

Nothing To Do?

Be prepared when your children say, "I don't have anything to do." We can spend a lot of money on toys, but often the simple toys that cost very little are the toys used the most! Put together a box of toys that are inexpensive and fun such as:

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|--------------------|--------------|
| bubbles | Frisbee |
| jump rope | Koosh balls |
| sidewalk chalk | paddle ball |
| hoops | Twister game |
| balls of all sizes | wading pool |
| yoyo | kite |
| pogo stick | balloons |

Moving Kids Are Learning Kids

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