


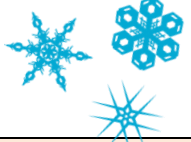



December



Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time to practice your jumping skills. Practice jumping far and high – bend your knees, reach for the sky, and land softly.	Go for a walk. As you walk practice other ways to move, skipping, galloping, sliding, and leaping. 	Using a balloon, practice volleying with different parts of your body. Can you keep the balloon in the air using your hand, your thumb, or even your elbow?	Go on an ABC treasure hunt! Move throughout your house finding items that begin with each letter. When you get to an item do a fun movement such as donkey kicks, log rolls, or jumping jacks.	Movement Add On: Working together, create a movement sentence. One person starts by doing one movement, the next person does a new movement, and then do the two movements together. Keep adding new movements.	Enjoy the day by going for a family walk. As you walk together take turns sharing something that is special about your family.	Turn on some relaxing, quiet music as you stretch your body in many different ways. Between each stretch try to relax and breath.
Work on your kicking skills. Kick a pair of rolled up socks from room to room.	Sit with your family and take turns laughing. Try to make your laugh extra special.	Time to roll. Clear out some space in your home and roll from one end to the other. First keep your body as straight as you can, then try it with a bent body.	Roll up some socks and practice your throwing skills - turn, step, throw, follow-through.	Practice your hopping skills! Hop once on each foot, and then hop twice on each foot, etc. Keep on hopping and counting.	Pretend to skate on paper plates. Add some style and some tricks.	Puzzle relay: Put puzzle pieces on one end of the room. Starting on the other side, run, pick up a puzzle piece, run back and start the puzzle.
Find items around your home that make noise. Use these “instruments” as you march through your home in a parade.	Create an obstacle with chairs and blankets. Practice moving under, over and around. 	Visit every space in your home, but each time you get to a space do five jumps as high as you can and then move to the next space.	Sort toys as you exercise. Begin by figuring out how to sort – by color, by size – then make piles on different ends of your home. As you find an object move quickly to the correct pile, hop on each foot five times, and then move quickly back to get another toy.	Use your creativity to make up a new game that uses something from your kitchen. Give your game a funny name. 	Get outside and go for a walk. As you walk breath in through your nose and blow out through your mouth.	Work on your cutting skills and make some paper snowflakes. 
Use the snowflakes from yesterday to make a trail through your home. Can you move through your home without touching the floor and only touching the snowflakes?	Take a run. Work on moving in a straight line, move your arms front and back, and land lightly on your feet. Celebrate winning the race!	Family relaxation activity. Turn the lights off and you lay down on the floor. Squeeze and then relax your muscles. Breathe.	Movement charades: Act out something that has to do with winter. Can anyone guess what you are?	Indoor snowball fight! Make a bunch of paper balls and have fun throwing them far, near, high, low. Pick them up and do it again.	Transportation fun: Begin by identifying a different form of transportation and then pretend to do it. Such as riding your bike, driving a big bus or gliding on your roller blades.	Scatter socks throughout the room. Pretend to walk on a tight rope. When you get to a sock, stand on one foot, bend down and pick up the sock – keep your balance.
Get outside for a game of tag. If you have snow on the ground, this will be extra good for your body.	Pretend to float all through your home like a snowflake falling from the sky - float high, float low, float fast, float slow.	Can you build a tower out of pillows? Practice your underhand throwing skill as you try to knock over the tower.	Pretend to be animals who play in the snow – walk like a polar bear, a penguin, and a seal.	Sit across from your parent/caregiver and practice rolling a “snow ball” back and forth – count to 10 as you roll back and forth, and then move further apart and try it again.	Put mittens on your feet and use them as skates to glide across the kitchen floor. 	What was your favorite activity this month? Give it another try!

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