



Family Activities

July Week 1 and 2: Freeze and Melt

Equipment

Upbeat music
Markers for spots on the floor. Examples: paper plates taped to the floor, pieces of painters tape on the floor, place mats, pillows, sofa cushions



Set Up Make a big circle out of your markers.

Let's Play! While the music is playing, children move around the circle, stepping from spot to spot. When the music stops, they melt to the ground until their belly buttons are on the spot where they stopped. Restart music and repeat.

Change Up Use different locomotor movements to move around the circle: hopping, jumping from 2 feet to 2 feet, walking backwards, bear crawling, etc. Each time they stand up, switch direction around the circle. Crab crawl and then stand up quickly when the music stops.



Family Activities

July Week 1 and 2: Manic Movement

Equipment

Upbeat music
10-12 pieces of colored paper in several different colors and painters tape (picture shows game played with colored hoops)



Set Up Tape the papers to the floor in a random clump, about 1' apart.

Let's Play! While the music is playing, children will step from one piece of paper to the next randomly, in any direction being mindful of other players to avoid crashes. When the music stops, they stop with both feet on one piece of paper.

Change Up Stop with feet on 2 pieces of paper. For older children: Add a challenge for each color. For example, if you stop on yellow, you make monkey sounds and if you land on blue you make kissy-fish faces.