



## Family Activities

## August Week 1 and 2: Core Strength Activities

## Equipment

None needed



**Set Up** Add core strengthening to your day by changing body position.

- Let's Play!**
- High Kneeling: Substitute high kneeling (hips over knees, shoulders over hips) for sitting for activities like drawing or painting
  - All Fours: Substitute working on all fours for sitting on the floor for floor play, like block building
  - Superman: Substitute lying on bellies with arms stretched in front for sitting on the floor for floor activities

**Change Up** Crawl instead of walk throughout the day. See our blog on Crawling for more information on why crawling is so great!  
<https://www.pophopandrock.com/why-is-crawling-so-important/>



## Family Activities

## August Week 1 and 2: Sneaky Snake

## Equipment

Streamers, thin rope,  
several jump ropes,  
thick yarn  
4-6 Chairs



**Set Up** Place the chairs in parallel lines, 2 feet apart, with the backs of the chairs facing each other. Then thread the streamer or rope back and forth between the chairs, about 18-24 inches off the ground.

**Let's Play!** Children scoot and slide under the streamers making sure not to touch or break them.

**Change Up** Make the course longer.  
Let children step over and between the streamers rather than going under. Make it harder by having them carry something while they go over.