



December Week 3, A: Feed the Moose

Equipment

Scooter boards, Hula hoops and buckets: 1 each for every 3 children; Sponge balls, 4-5 per child; Cones to delineate the space

<i>Set Up</i>	Opposite Starting Position, make a line of buckets, then cones, then hoops. Scooter boards near Starting Position. Sponge balls scattered on floor near Starting Position.
<i>Trans-In</i>	1 group of kids sit on scooters, 1 group stand in hoops, 1 group hold buckets.
<i>Intro Qs</i>	What do you think a moose eats? Should we feed the moose?
<i>Explain The Game: When I say GO!</i>	Scooter board children sit on scooters, pick up one sponge ball and throw it to a hoop child who stays in hoop and tries to catch it and then toss it into a bucket. Switch jobs so everyone gets a turn at each job.
<i>Trans-Out</i>	Return all the equipment to its container and go to the Starting Position.
<i>Change Up</i>	Harder: Bellies on scooters, bean bags, hoop kids move from hoop to hoop. Easier: eliminate the hoops and/or eliminate the scooters.



December Week 3, B: Blizzard Challenge

Equipment

One hula hoop for every 3 children
Sponge balls in three colors (or paper or small scarves), enough for every child to have one, equal number of each color.

<i>Set Up</i>	Spread out hula hoops on the floor, with 1 ball of each color in each hoop.
<i>Trans-In</i>	3 children per hoop.
<i>Intro Qs</i>	Has anyone ever been in a snow storm? Does anyone know what a blizzard is?
<i>Explain The Game: When I say Go!</i>	Children sit in the hoops with their backs to each other and their feet outside the hoops, knees bent, each child holding a ball. The teacher calls a color and the child holding that color ball gets up and runs around his hoop and back to his place as fast as he can.
<i>Trans-Out</i>	Return balls and hoops to their storage containers and go back to the Starting Position.
<i>Change Up</i>	For younger children, instead of running around the hoop, they could run to a wall and then come back to their spot in the hoop.



December Week 3, C: Snowball Color Run

Equipment

Sponge balls, assorted colors, one for each child.

<i>Set Up</i>	Each child has one sponge ball
<i>Trans-In</i>	Children are standing in their Starting Position with a sponge ball
<i>Intro Qs</i>	Do you know what color you are holding? Did you know it is possible for snow to be different colors?
<i>Explain The Game: When I say Go!</i>	Children run across to the opposite wall when their color is called. Continue calling colors so children continue running back and forth across the room.
<i>Trans-Out</i>	Return the balls to their storage container and come to the middle of the room.
<i>Change Up</i>	For older children, two different colored snowballs. Remind children to be aware of children running in the opposite direction. If space is limited, play game in a circle, with children running the same direction around the circle and back to spot. For younger children, they can stand and sit when their color is called.



December Week 3, D: Mindful Listening

Equipment

None needed

<i>Set Up</i>	No set-up needed.
<i>Trans-In</i>	Children sit on floor, spread out.
<i>Intro Qs</i>	Do you think you can do this game without talking? Do you think you can do this game with your eyes closed the whole time? Do you think that you can really use your ears to hear?
<i>Explain The Game: When I say Go!</i>	The children will close their eyes and their mouths. They will not speak until asked to open their eyes, remaining very quiet. While they are quiet, they will hear other sounds inside and outside the room. Ask them to remember the sounds they hear <i>without talking about them</i> . Challenge them to remember 3 different sounds and to see if they can hear sounds far outside the room.
<i>Trans-Out</i>	Ask them to stand up and put their feet right where they were sitting.
<i>Change Up</i>	For 3s: Try for 10 seconds For 4s: Try for 15 seconds



December Week 3, E: Yoga Balance Poses

Equipment

Pop, Hop & Rock™ Yoga Cards for Airplane, Plank, Moon and Tree.

<i>Set Up</i>	Have yoga cards ready.
<i>Trans-In</i>	Children are standing in the middle with plenty of space around them.
<i>Intro Qs</i>	What do people do on vacations? Does anyone have family coming to visit soon? Is anyone going somewhere to visit family?
<i>Explain The Game: When I say Go!</i>	<p>Airplane: Families might travel by airplane. Think about family while doing pose.</p> <p>Plank: Might need to build a bigger table for a feast. Think about good food while doing pose.</p> <p>Moon: The moon is so bright in the winter. Think about moonlight on snow while doing pose.</p> <p>Tree: Some trees lose leaves in winter. Think about snow in branches while doing pose.</p>
<i>Trans-Out</i>	Line up to return to the classroom.