



December Week 4, A: Snowball Tag

Equipment

Sponge balls, 1 per child

Tree Pose card from Pop, Hop & Rock™

December Yoga Cards

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| <i>Set Up</i> | None |
| <i>Trans-In</i> | Children are in their Starting Position, each child holding 1 sponge ball. |
| <i>Intro Qs</i> | What is white and falls out of the sky in winter? What is something you can do with snowflakes? (make snowballs) |
| <i>Explain The Game: When I say GO!</i> | In this tag game, everyone is It. You will use your snowball to tag your friends. If you get tagged, you must freeze like a winter tree in tree pose until a friend tags you again with a snowball. |
| <i>Trans-Out</i> | Return all the sponge balls to their container and go to the Starting Position. |
| <i>Change Up</i> | For younger children (2s) teachers are the taggers and tag children with snowballs. They may be directed to freeze like a tree and some will, but most won't and that is ok. 2s are still learning the basics of running and love to do it. This gives them practice while also allowing them to get aerobic. |



December Week 4, B: Ice Skating on Plates

Equipment

Two small paper plates per child

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| <i>Set Up</i> | Place piles of 2 plates each all over the floor, 1 pile for each child. |
| <i>Trans-In</i> | Children are in their Starting Position |
| <i>Intro Qs</i> | Have you ever been ice skating before? What do you ice skate on? What do you put on your feet in order to ice skate? |
| <i>Explain The Game: When I say Go!</i> | Children will be directed to go find a pile of plates and to put one plate under each foot. They will then push down with their feet while moving their feet forward in order to move their bodies across the floor. |
| <i>Trans-Out</i> | Make a pancake stack of plates and go to the middle of the room. |
| <i>Change Up</i> | Children can try spinning in a circle while skating, putting the "ice skates" under their hands and bear crawling with skates, putting their hands on the floor and bear crawling with the plates under their feet, crab walking with the plates under their hands, crab walking with the plates under their feet. |



December Week 4, C: Snowflakes

Equipment

A smart phone, digital camera, or tablet take pictures of the snowflake shapes

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| <i>Set Up</i> | No set-up required. |
| <i>Trans-In</i> | Children make a circle holding hands in the middle of the room, drop hands, sit. |
| <i>Intro Qs</i> | What is white and falls out of the sky in winter? Are all snowflakes alike? Do you think it is possible to make snowflakes with your bodies? |
| <i>Explain The Game:</i> | Snowflake #1: Sitting, facing center of circle. Legs in a V, feet touching neighbor's feet. Hands on head. |
| <i>When I say Go!</i> | Snowflake #2: Lie on backs, legs in V, feet touching neighbor's feet, arms wide, hands touching neighbor's hands. Snowflake #3: Lie on bellies, heads toward center of circle. Legs wide in a V, feet touching neighbor's feet. Arms in a V, hands touching neighbor's hands. Snowflake #4: Move arms to straight overhead and scoot until hands touch. |
| <i>Trans-Out</i> | Show photos of snowflakes and line up to return to the classroom |