



January Week 4, A: Newspaper Run

Equipment

1 full sheet of newspaper per child for older kids,
3-4 sheets per class for younger kids

<i>Set Up</i>	Have newspaper ready to go.
<i>Trans-In</i>	Children are in the Starting Position.
<i>Intro Qs</i>	Do you believe in magic? Do you believe it is possible to get this piece of newspaper to stick to your tummy?
<i>Explain The Game:</i>	Demonstrating is important in this activity.
<i>When I say GO!</i>	<ol style="list-style-type: none"> 1. Hold the unfolded piece of newspaper on your belly. 2. Start running as fast as you can. 3. Hold your hands in the air and the newspaper will stay on your belly like magic as long as you are running quickly. 4. Keep running until it falls off. Then, pick it up and start again.
<i>Trans-Out</i>	Children return to the Starting Position.
<i>Change Up</i>	Younger children run 1 at a time between 2 adults. Older children can run in groups.



January Week 4, B: Parachute If You Are Wearing

Equipment

Parachute or King-sized sheet

<i>Set Up</i>	Parachute (or sheet) on the floor.
<i>Trans-In</i>	Have the children spread out evenly around the edge of the parachute. They may need some help spreading out evenly. Remind not to walk on the parachute.
<i>Intro Qs</i>	Do you remember how to do push-ups? Can you do three push-ups and count them really loudly? Show me.
<i>Explain The Game:</i>	Children pick up the parachute, holding tightly and pulling it taut. The teacher will call out a clue. If that clue is true about you, you go under the parachute and do three push-ups, counting loudly. The rest of the class will shake the parachute. Ideas for clues: colors, stripes, letters on clothes, boots, etc.
<i>When I say Go!</i>	
<i>Trans-Out</i>	Children remain around the parachute, placing it on the floor.
<i>Change Up</i>	Younger children crawl under when name is called. For older children, clues can include birth months or letters in their names.



January Week 4, C: Merry Go Round

Equipment

Parachute or King-sized sheet

<i>Set Up</i>	Parachute (or sheet) is on the floor.
<i>Trans-In</i>	Children are standing spread out evenly around the parachute. Remind them not to walk on the parachute.
<i>Intro Qs</i>	Have you ever been to the fair? Have you ever seen a merry go round? Have you ever ridden a merry go round?
<i>Explain The Game: When I say Go!</i>	Choose one child to sit cross-legged in the middle of the parachute. The rest of the children will walk in a circle pulling the sheet out as they walk for about 3-4 rotations. Switch direction frequently.
<i>Trans-Out</i>	Children will stay where they are around the parachute.
<i>Change Up</i>	For younger children, do a fireman's pull using a sheet. Two to four children cross-legged sit in a line along one edge of the sheet, facing away from the center. The rest of the children hold tightly to the opposite side of the sheet and pull their friends across the room.



January Week 4, D: Popcorn

Equipment

Parachute or King-sized sheet; 24 sponge balls

<i>Set Up</i>	Parachute (or sheet) is on the floor.
<i>Trans-In</i>	Children spread around the parachute.
<i>Intro Qs</i>	Have you ever watched popcorn pop? What does it do?
<i>Explain The Game: When I say Go!</i>	Glue your feet to the floor and your hands to the parachute. The children shake the parachute as you add more balls. Throw balls that have popped onto the floor back onto the parachute. For older kids: Start by holding the parachute taut and keeping a few balls from rolling off.
<i>Trans-Out</i>	Once all the balls have been popped out, ask the children if they would like to go camping. Count to 3, lift the sheet up in the air, step under the sheet, have a seat on the floor and pull the sheet behind their backs to make a tent. Chat about camping. Pull the sheet off of them and ask them to collect all the balls and return them to their container.
<i>Change Up</i>	For younger children, teachers shake the parachute and the kids add the balls.