



Family Activities

June Week 3: Brick Knock Down

Equipment

At least 10 items per child that can be knocked over, such as cardboard play bricks, rectangular boxes (like shoe boxes or cereal boxes), plastic cones, solo cups or plastic bottles from the recycling bin



Set Up Stand items up on end at one end of the play space with children at the other end.

Let's Play! On GO, children use one hand to knock items over, staying on their feet, not on their knees. Then, they run back to where they started. Next, they run back and stand the items back up again. Remind them to use their hand, not feet.

Change Up Try using non-dominant hand.



Family Activities

June Week 3: Body Mimic

Equipment

Body Mimic stick figures – download at:
<https://childhood101.com/making-body-shapes-with-printable-body-shape-cards/>

Music



Set Up Scatter Body Mimic cards around the play space.

Let's Play! Play music and have children move to the beat around the space. When the music stops, they go to the closest card and try to mimic the card with their bodies. Repeat.

Change Up Specify how to move to the music – dancing, galloping, skipping, backwards, bear crawling, etc. Have the children look at the body mimic cards upside down. Does that change how you mimic the shape?