



November Week 2, A: Healthy Choices

Equipment

At least 1 poly spot in each of these colors:
yellow, red, blue and green

<i>Set Up</i>	Put red spots in one corner, yellow in another, blue in third and green in fourth.
<i>Trans-In</i>	Children move to the Starting Position.
<i>Intro Qs</i>	Is a banana a healthy choice? Is a cookie a healthy choice? Is a salad a healthy choice? Etc. What color are bananas? Tomatoes? Blueberries? Green beans?
<i>Explain The Game: When I say GO!</i>	Run in a big circle in the same direction. If I say bananas we are going to run to the yellow corner. Children run again and go to corner corresponding to the color of the food called by teacher.
<i>Trans-Out</i>	Children collect the spots and make a pancake stack in a specified place.
<i>Change Up</i>	Younger children: Call colors instead of food. Older children: Cones in the middle of the room are “treats.” If they knock over a treat on their way to a healthy choice, they do 5-10 jumping jacks before rejoining the game.



November Week 2, B: Throw Balls at Yoga Cards

Equipment

Pop, Hop & Rock™ Yoga Cards, November set
and Garden Set
Painters tape
Sponge balls, about 3-5 per child

<i>Set Up</i>	Tape the cards with the paintings that correspond to the yoga poses to the wall, about 5 feet up. Keep the cards with the photos of children doing the poses for your reference. Scatter sponge balls on the floor.
<i>Trans-In</i>	Children are in the Starting Position.
<i>Intro Qs</i>	Have you ever done Yoga poses? Do you see all the pictures I have taped to the walls?
<i>Explain The Game: When I say Go!</i>	Call out a pose. Children get a ball and throw it at that picture. Then, do the yoga pose together. Repeat for all yoga poses
<i>Trans-Out</i>	Return all the balls to their container.



November Week 2, C: Helicopter to the Zoo

Equipment
None

Set Up	No set-up required.
Trans-In	Children spread out in the middle of the room.
Intro Qs	Would you like to go to the zoo? Would you like to fly your own helicopter there?
Explain The Game: When I say Go!	Explain that we are going to drive their own helicopter to the zoo to see the animals. We are going to go through all the steps for a helicopter trip, pairing the steps with big body movement. See <i>Helicopter to the Zoo Prompts</i> for all the details.
Trans-Out	Children return to the Starting Position.



November Week 2, C: Helicopter to the Zoo

Helicopter to the Zoo Prompts and Actions

Use these prompts as a guide for playing Helicopter to the Zoo, but feel free to improvise!

First, open our helicopter door. (*Pretend to open a door.*)
Then, climb in and sit in the pilot's seat. (*Lean down, climb into the helicopter and sit on the ground.*)
When we drive helicopters we sit with our knees bent and our heels on the floor in front of our bodies. (*Demonstrate.*)
Now, close their helicopter door. (*Reach up and close the door.*)
Helicopters can be dangerous, so we will need two seat belts. (*Reach up with your left hand to your right shoulder to pull the first seatbelt across your body. Then repeat on the other side.*)
We must also wear a helmet which is sitting on the dashboard. (*Reach up and get the helmet then put it on.*)
Put on the chin strap and flip down the microphone so they can talk to the people in the control tower. (*Pretend to put the chin strap on and flip down the microphone, maybe even tapping the end of the microphone and saying, "Testing? Testing?"*)
Get the keys off the dashboard and put them in the ignition. (*Pretend to put them in the ignition and start the engine.*)
Ready to take off? (*Stand up and put arms straight out, making their helicopter wings. Spin in your helicopter as you move slowly around the room.*)

November Week 2, C: Helicopter to the Zoo

Helicopter to the Zoo Prompts and Actions Continued

Do you see the zoo below?

Do you see bears? Let's be bears! (*Bear crawl and make bear growls.*)

Let's get back into our helicopters and spin the opposite direction.

Do you see the giraffes? Let's be giraffes! (*Tiptoe and reach hands way up to the ceiling.*)

Repeat, getting in the helicopter and spinning around, changing direction each time, having the children be the animals in between: birds (flapping wings), elephants (stomping feet), penguins (walking on heels), crabs (crab walking), zebras (galloping), kangaroos (hopping with two feet), orangutans (swinging from tree to tree), etc.

It is time to head back home, so we need to land our helicopters. (*Sit down, heels down and knees bent, repeating the steps in the opposite order: keys back on the dashboard, helmet comes off and back on the dashboard, taking off both seat belts, opening the door and getting out.*)

What a great trip to the zoo! High 5s for everyone!

November Week 2, D: Painters Tape Run

Equipment

Painters tape in at least three different colors.

Set Up	Make lines on the floor using painters tape. The lines should be parallel to each other and about 3 feet apart. For these instructions, assume the lines are green, blue and yellow.
Trans-In	Children form a line, parallel to the tape lines, facing the tape lines.
Intro Qs	Do you see the lines of tape on the floor? What color is this line? (Repeat with each line of tape.)
Explain The Game:	I am going to say a color. Your job is to go to that color, touch it with your hand and return to where you are now.
When I say Go!	Green! Blue! Yellow!
Trans-Out	Children return to the Starting Position.
Change Up	Make it harder by stringing two colors together, calling, "Green! Blue!" or "Yellow! Blue!" Once they get the hang of two colors, try three or four in a set.