



October Week 1, A: Clothespin Tag

Equipment

Clothespins, enough for each child to have 5, plus extras

<i>Set Up</i>	Attach 5 clothespins to the back of each child's shirt.
<i>Trans-In</i>	Children gather in the Starting Position.
<i>Intro Qs</i>	Do you know how a clothespin works? What animal has quills? Do you feel like a porcupine? What do you think a porcupine feels like?
<i>Explain The Game: When I say GO!</i>	Children try to capture clothespins off other children's backs and add those clothespins to their own shirt. Use extra clothespins for children who get all of their own clothespins captured. Children must run in the same direction while playing the game.
<i>Trans-Out</i>	Children return clothespins to the storage container and return to Starting Position.
<i>Change Up</i>	Younger children need assistance with pinning clothespins. Oldest children can kneel to put the clothespin on their clothes. They are "safe" from clothespin capture while kneeling.



October Week 1, B: Metronome Movement

Equipment

A metronome app, metronome, or drum to provide a rhythm

<i>Set Up</i>	Children are in their Starting Position.
<i>Trans-In</i>	Using your drum, metronome or metronome app, play a slow rhythm. Then, play a very fast rhythm.
<i>Intro Qs</i>	How would you move to each rhythm, fast or slow?
<i>Explain The Game: When I say GO!</i>	Children will move to the rhythm, going around the room in the same direction. Change the rhythm frequently during the game.
<i>Trans-Out</i>	Children will come to the middle of the room.
<i>Change Up</i>	Instead of walking or running, children could tiptoe, hop, stomp, gallop or skip to the beat.



Equipment

Garden Bucket, Pop, Hop & Rock™ Garden Yoga Cards

Felt board, white board and tape, magnetic board and magnets to display cards

<i>Set Up</i>	Have supplies ready.
<i>Trans-In</i>	Children sit on the floor with plenty of space around them.
<i>Intro Qs</i>	Have you ever heard of yoga? What is this? (bucket) How would you use a bucket in a garden?
<i>Explain The Game: When I say GO!</i>	Children will take turns choosing a Garden Yoga Card from the bucket and showing it to the other children before displaying it in the garden (felt board, etc.). Discuss what each item does in the garden and do the yoga pose with the children.
<i>Trans-Out</i>	Children return to the Starting Position.



Equipment

Cardboard Bricks (2 or 3 per child), 8-10 Cones, Mid-sized rubber balls (2 or 3 per child)

<i>Set Up</i>	Line up cardboard bricks a few inches in front of a wall. Line up cones, parallel to the bricks, 5 feet away from the bricks.
<i>Trans-In</i>	Children stand behind the line of cones, facing the bricks, with balls behind them.
<i>Intro Qs</i>	Have you ever been bowling? What do you use to bowl?
<i>Explain The Game: When I say Go!</i>	Children will roll one ball at a time, trying to knock down the bricks, staying behind the cones. They can go get a ball from the other side of the cones, returning to the proper side before bowling again.
<i>Trans-Out</i>	The children will return the balls, bricks and cones to their proper storage container.
<i>Change Up</i>	Older children: teachers can guard the cones to make it more challenging. Younger Children (2 years old): Put the bricks along one edge of a table and have children throw the balls to knock down the bricks.