



Quick Idea for Unit 1.2

Answering Questions = Movement Time

You can turn even the most academic task into a movement activity by having children hop, jump or leap to answers, rather than sitting and raising their hands.

Some ideas:

- Practice counting by putting out number cards in random order and have kids jump from number to number.
- Try the same thing with colors, shapes or letters.
- Instead of a paper graph, have kids graph with their bodies. To graph a favorite book, lay out the books on the floor and have the kids move like a book character to their favorite one.

Once you start looking at your day this way, you will find plenty of opportunities to get kids moving.



Activity for Unit 1.2

Crawling, Climbing and Spinning

Three great movement actions for building Key Skills and Strengths are crawling, climbing, and spinning. These simple actions are dense with skill and strength development.

Crawling: Many children find crawling challenging because it requires a great deal of upper body strength. Entice kids to crawl by adding a dose of dramatic play with a story about animals that crawl - puppies, kittens, even lions.

Climbing: Climbing is best accomplished outdoors, with flexible equipment like fallen trees, hay bales, tires, milk crates, planks, big buckets, etc.

Spinning: Spinning includes a wide array of actions, such as twirling around in one spot, log rolling, swinging, sliding, somersaults, cartwheels and hanging upside down.