

## Quick Idea for Unit 1.3

### Transition Time = Core Strengthening

Transitions can be the trickiest part of the day. Use these quick ideas to ease those transitions while building core strength.

Some ideas:

- Children skate down the hall with paper plates under their feet. Or, put the plates under their hands and bear crawl backwards.
- Children hold beanbags over their heads while traveling.
- Make up a story to tell while traveling. Weave core strengthening activities through the story, like paddling a boat, crab walking, or slithering.

Find ways to build core muscles AND survive transitions!

## Activity for Unit 1.3

### Add Core Strength to Your Play

Change the body position during classroom play and add core strength development.

*High Kneeling:* Substitute high kneeling (hips over knees, shoulders over hips) for sitting for activities like drawing or painting.

*All Fours:* Substitute working on all fours for sitting on the floor for floor play, like block building.

*Superman:* Substitute lying on bellies with arms stretched in front for sitting on the floor for floor activities like cars.

*Outside:* Create a garden area where children can use real tools to rake, hoe and dig.