







February 2014

Get Moving Today Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Celebrate Heart Health this month! Everything we do this month will help your heart be healthy. Put your hand on your heart after every physical activity.</p>	<p>Duplicated with permission from Head Start Body Start (HSBS). www.headstartbodystart.org</p>					<p>1 Go ice skating inside. Put two paper plates on the floor and use them to skate around the room. Try taking big or small steps; try going in a straight or curvy line.</p>
<p>2 Silly walking around the house – walk all around your house acting out different emotions – can you walk happy, sad, shy, angry?</p>	<p>3 Practice your galloping today. Try to use your hands to do other things while your legs are galloping – such as waving, shaking or clapping.</p>	<p>4 Play Add-On– take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.</p>	<p>5 Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud, or under a tree. Can you walk so your heart beats really fast?</p>	<p>6 Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as you march in a line.</p>	<p>7 Today you are going to be Rain. Can you act out a mist, or a drizzle, or a downpour? What about a windy rain, a cold rain, or a heavy rain?</p>	<p>8 Remember yesterday when you were rain? Today there are lots of puddles. Pretend to run through them, jump over them, crawl around them, and splash in them.</p>
<p>9 Play the Mirror Game – Face your mom or dad and copy what they do with their bodies as if you were looking into a mirror.</p>	<p>10 Go on a color walk – try to find as many different colors as you can. When you find a color do 10 jumps before going to a new color.</p>	<p>11 Do opposites. Jump high then low. Swing your arms fast then slow. Walk forward then backwards. Twist your body using a lot of space then a little space.</p>	<p>12 Explore Speed – move fast, then really slow, and now in between. Which one makes your heart go faster?</p>	<p>13 Toss and Catch plastic grocery bags. Can you toss the bag up, spin in a circle and catch it before it comes back down? Can you toss it up and touch the floor before you catch it?</p>	<p>14 Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it.</p>	<p>15 Time to get outside and take a Nature Walk around your house or neighborhood. Make sure to go with a grown up.</p>
<p>16 Explore levels while moving around and your house. Move at a high level – reaching & stretching up; now move at a low level – bending & reaching down.</p>	<p>17 Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again.</p>	<p>18 Act out the foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.</p>	<p>19 Move like things around the house – can you be a blender? Now be the washing machine? How about a vacuum? What does this do to your heart?</p>	<p>20. Practice your leaping skills. Take off on one foot, reach with and land on the other foot. Try leaping over pillows on the floor.</p>	<p>21 Time to explore space. Using a scarf explore the space around you. Move the scarf up and down, around, in different shapes and sizes</p>	<p>22 Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.</p>
<p>23 Read through each day again and repeat the heart healthy activity from this month that was your favorite. Enjoy.</p>	<p>24 Start today with jumping jacks. Is your heart beating faster?</p>	<p>25 Find a place in your house where you can roll – then practice rolling with a long, straight body and with a small, coiled up body.</p>	<p>26 Play follow-the-leader in your house. Take turns moving to a different room and then do a fun movement in each room.</p>	<p>27 Put some music on and dance – try to keep moving for an entire song.</p>	<p>28 Practice your jumping and hopping today. How far can you go? How many can you do in a row? Remember to feel your heart!</p>	