






January 2014

Get Moving Today Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Duplicated with permission from Head Start Body Start (HSBS). www.headstartbodystart.org</p>		<p>1 Read a book with your family – act out the movements in the book.</p>	<p>2 Find a bunch of pillows and set up an obstacle course. Use the pillows as rocks to step on as you cross the river. Don't get wet.</p>	<p>3 Start the New Year off with a family walk and talk. As you walk share the ways that your family can stay healthy this year.</p>	<p>4 Get outside again – work on the concept of big and small. Can you take big steps and small steps, big jumps and small jumps?</p>
<p>5 Cut out paper snowflakes and make a trail through your home. Walk, run, and hop along the trail.</p> 	<p>6 Jump-Jump-Jump ... Walk to every room in your home. When you get to each one jump 5 times and say out loud – I Love Being Healthy!</p>	<p>7 Practice rolling your body into different shapes and then moving across the floor. Can you be straight like a pencil and small like a marble?</p>	<p>8 Make a hopscotch pattern on the floor using paper plates, and work on your hopping/jumping skills while you help your body get fit.</p>	<p>9 Recycle the paper plates from yesterday. Set up targets on the floor-close and far. Using rolled up socks practice your underhand tossing skills. Remember to follow through by pointing at the target.</p>	<p>10 Pretend that you are floating through air like a bubble. Move all through your home without being popped. Try to get really close to things without touching them.</p>	<p>11 Rainbow Game – find as many things in your home that are the different colors of the rainbow. When you get to each item jog in place and count to 10.</p>
<p>12 Make a circle on the floor with a string and practice moving into, out of, and around it.</p>	<p>13 Practice your rhyming skills while moving. Say any movement word you can think of – like run. Then think of words that rhyme with it. Act out your words...<i>Have fun, as you run, under the sun!</i></p>	<p>14 Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.</p> 	<p>15 Practice your kicking skills. Roll up a big pair of socks and kick them across the room into a laundry basket turned onto its side.</p>	<p>16 Play Animal Follow the Leader. The leader moves like an animal and everyone follows. Take turns being the leader.</p>	<p>17 Shut the lights off and have fun with the flashlight dance. When the flashlight is shinned onto a body part, move it in different ways. – wiggle, reach, bend and stretch.</p>	<p>18 Help dust your home. Reach high, low, over and under as you work your muscles.</p>
<p>19 Practice your walking skills today. Can you walk and balance something on your head? Stand tall, tummy in, shoulders back, swing your arms.</p>	<p>20 Visit every doorway in your home. Try to do a different balance at each one. Balance on one hand and two feet, or one knee and two hands. How long can you hold each one?</p>	<p>21 Move across the room acting like something. When you get to the other side someone has to guess what you were, and then they have to copy your movements.</p>	<p>22 Spread out wash cloths and move across the floor stepping only on the wash cloths. Try not to touch the floor.</p>	<p>23 Ask someone to help you make paper airplanes and then work on your throwing skills. Remember to step with the opposite foot.</p>	<p>24 Go for a winter wilderness walk. As you walk take deep breaths.</p>	<p>25 Make a big pile of clean socks. Move quickly as you match the pairs and run them to a different part of your home.</p>
<p>26 Turn on some soft music and work on stretching every part of your body. Make sure to breathe as you stretch.</p>	<p>27 Twist, turn, bounce, bend ... try doing each of these movements with different parts of your body. Can you think of other ways to move?</p>	<p>28 Using a make believe paintbrush, paint your house. Stretch high, reach low, paint fast and paint slow.</p>	<p>29 Play Movement Emotional Charades. Use your entire body to act out different emotions and see if someone can guess what you are feeling.</p>	<p>30 Visit every window in your home, and when you get there try to jump as high as you can as you reach and stretch.</p>	<p>31 Pick your favorite activity this month and do it again.</p> 