



March 2014

Get Moving Today Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Duplicated with permission from Head Start Body Start (HSBS). www.headstartbodystart.org				1 Turn on some music and take turns choosing a way to move.
2 Crawling is a great way to work on the muscles in your arms. Try to crawl around your house for a few minutes – take a break and do it again.	3 Using a scarf or handkerchief practice your self- toss and catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands.	4 Loud and soft – first walk on your tip toes trying to be really quiet, then stomp using your whole foot trying to be really loud.	5 Ask someone to help you make a paper airplane and then practice throwing it around the house. Make an airport and try to get the plane to land in the airport.	6 Tear newspaper into long strips – crunch them up into balls – throw the balls into a basket – <i>Rip-Crunch-Throw</i>	7 Where is your? When a member of your family says the name of a body part, put that body part on the floor. Or change it so that body part has to be up high.	8 Get outside and practice the locomotor skills of running, galloping, skipping, and sliding.
9 Be a superhero! Think about all of your favorite superhero’s and then spend some time moving just like they would.	10 Work on your jumping today – how high can you jump? How far can you jump? How many times can you jump in a row?	11 Find a ball and a place where you can practice bouncing it...can you make the ball bounce really high? Low? Can you bounce it more than two times in a row?	12 Ask someone to go for a walk with you and as you walk make up a little song about moving and having fun together.	13 Work on your ball rolling skills today. Roll a ball back and forth with someone or set up some targets and try to knock them down.	14 Movement Memory – One person does three movements as the other person watches. Now the other person repeats those movements.	15 Twins – for 2-5 minutes pretend as if you are connected to someone else and the two of you have to move exactly the same way. Be ready to laugh!
16 Go on a walk through your house. Each time you get to a new room you have to change the way you are moving.	17 Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax.	18 Pretend to have a beach party – turn on some beach music and dance. Pretend to surf and swim as you work your body.	19 Using paper plates as pretend stones – make an indoor nature trail through your house. Walk through the nature trail by only stepping onto the make believe stones.	20 Make a pile of paper balls by crunching recycled paper. For one minute throw these balls all over the playing space – making a blizzard of balls. Collect them and do it again.	21 Using the balls from yesterday – put them in a pile, crab walk with one ball at a time on your tummy, carry it across the room. Move all the balls to a new pile.	22 Chair Exercise ...move around, under, and over a chair; sit down and stand up using a chair; turn on music and wiggle & stretch while sitting in a chair.
23 Take a “spring is here” walk. Swing your arms as you walk quickly. Notice all the signs of spring!	24 Lay on the floor with a pile of marbles. Blow the marbles across the room as you crawl along with them. Be sure to have adult supervision.	25 How many different ways can you carry a sock as you move around the house?	26 Using pillows, stuffed animals, chairs, blankets and other items – create an obstacle course. Move through the course in different ways.	27 Start the month off with a game of follow the leader. Move around your house in different ways as someone copies your movements.	28 Write your name really big on a sheet of paper and then put your body into the shapes of each letter. Can you do this standing up?	29 Get outside today and play “I Spy”. Each time one of you says “I Spy” everyone walks, runs or gallops to that object.
30 Get outside and pick up trash in your yard.	31 Make a tunnel with a blanket and some chairs. Crawl through it, run around it, crab walk into it.					