







May 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 Throw and Chase – play with a friend. Take turns throwing a ball around the yard – one person throws it and you both chase after it.</p>	<p>2 Get outside and practice your running. When you run, pump your arms front and back, and moving in a straight line.</p>	<p>3 Take a walk – each time you see a sign of spring do 10 jumps for joy.</p>
<p>4 Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage.</p>	<p>5 What animals do you see in the spring? Act them out.</p> 	<p>6 Rainbow Run – talk about the colors of the rainbow and as you name a color run and touch 3 things that are that color.</p>	<p>7 Log rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.</p>	<p>8 Find a great big target outside and work on your throwing skills. Throw as hard as you can.</p>	<p>9 Make a list of the different changes you see in nature in the spring. Create a movement for each of these changes. (blowing wind, flowing stream, hopping frog).</p>	<p>10 Motions of the Weather – Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.</p>
<p>11 Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.</p>	<p>12 Can you leap? Pretend that your house is full of puddles. Leap over all of them. Don't get wet!</p>	<p>13 Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.</p>	<p>14 Take 5 minutes – go to every room in your house and do a funny dance that makes your family laugh. Make them do the dance with you.</p>	<p>15 Pretend that your elbow or your foot is a great big crayon and move all around your house coloring the most beautiful picture.</p>	<p>16 Make some paper airplanes and see how far you can get them to fly. After you make them all fly – run and collect them as quickly as you can.</p>	<p>17 Get silly today and make up a new sound or word. Now make up a new action to go along with that word or sound.</p>
<p>18 Get outside and run – try running in a straight line, a curvy line, and then a zig zag line.</p>	<p>19 Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping.</p>	<p>20 Get outside again and play catch. Follow the ball with your eyes and move to where the ball is going.</p>	<p>21 Pick up your room – Each time you pick something up do 5 jumps before you put it away.</p>	<p>22 Go for a walk – breathe in the air as you swing your arms and hold your head high.</p>	<p>23 Put a piece of newspaper across your tummy and run as fast as you can. The newspaper should stay in place as you move through space.</p>	<p>24 Nature Statues Game – Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10.</p>
<p>25 Become a cloud – watch the clouds today and change your body into all of the shapes that the clouds make – then float through spacing going high, low, fast and slow.</p>	<p>26 Find a ball and a big target to practice your kicking skills. Kick as hard as you can.</p>	<p>27 Can you skip? Give it a try – step, hop, step, hop.</p> 	<p>28 Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it back up a step.</p>	<p>29 Walk in my shoes! Find different kinds of shoes in your house and pretend to move as if you were wearing that kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates, dance in your high heels.</p>	<p>30 Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly.</p>	<p>31 Go back and repeat the activities that you really enjoyed this month!</p>