

MAY 2013

Get Moving Today!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Take a spring walk – each time you see a sign of spring do ten jumps for joy.	2 Motions of the Weather: Use your bodies to pretend to be different types of weather - rain, wind, thunder, and snow...get creative.	3 Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your “opposite” foot.	4 Rainbow Run. Talk about the colors of the rainbow and as you name a color, run and touch three things that are that color.
5 Log Rolls. Find a safe space in your home and practice rolling in a straight, strong line. Use those muscles.	6 Copy Me: Do three movements, such as reach high, touch your nose, shake your foot. After one person does the movements the partner has to copy them.	7 All Aboard: Spread a big towel out on the floor. Stand on it, move on it, and then fold it up. Can you still stand and move on it? Fold it again – move again.	8 Go outside and pretend to be a kite. Run on your tiptoes with your arms stretched out wide.	9 Act out the movements of the animals you see in the spring. Float like butterfly, crawl like an ant, soar like a bird, and hop like a bunny!	10 Roll up some socks and practice your toss and catch skill. Can you clap before you catch it? How about touch your tummy before you catch?	11 Read your favorite nursery rhyme and put actions to it so you can say it with your body.
12 Practice your jumping jacks. Can you do them standing up? How about lying on the floor?	13 Pretend that your elbow or your foot is a great big crayon and move all around your house coloring the most beautiful picture.	14 Go outside; find a ball and a big target to practice your kicking skills. Kick as hard as you 	15 Take five minutes and go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.	16 Silly Run: Get outside and run. Try running in a straight line, a curvy line, and then a zig zag line.	17 Get outside again and play catch. Follow the ball with your eyes and move to where the ball is going.	18 Using paper plates, ask someone to help you make a hopscotch pattern and then work on your hopping and jumping.
19 <i>Can you leap?</i> Pretend that your home is full of puddles and your job is to leap over all of them. Don't get wet! ☺	20 Find an extra chore that will help you become a better mover (sorting clothes to work on throwing skills; sweeping the floor to work on strength).	21 Get outside and practice your running. When you run work on pumping your arms front and back, and moving in a straight line.	22 Statues Game. Put your body into a balanced position and hold it while you count to ten. Try a more challenging position.	23 Say the ABC's while putting your body into the shape of each letter. 	24 Go for a walk – breathe in the air as you swing your arms and hold your head high.	25 <i>Can you skip?</i> Give it a try – step, hop, step, hop. 
26 Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up a step.	27 Cut out a bunch of different shapes and put them in a pile. Pick a shape from the pile and try to make it using your body.	28 Find different kinds of shoes in your home. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.	29 Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.	30 Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.	31 Go back and repeat the activities that you really enjoyed this month!	