

JANUARY

Get Moving Today!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Start the New Year off with a family walk. As you walk, share the ways that your family can stay healthy this year. 	Get outside again and work on the concept of big and small. Can you take big steps and small steps? Big jumps and small jumps?	Cut out paper snowflakes and make a trail through your home. Walk, run, and hop along the trail.	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?	Make a hopscotch pattern on the floor using paper plates, and work on your hopping/jumping skills while you help your body get fit.	Recycle the plates from yesterday and set up to the floor – as far. Using rolled socks practice underhand toss skills. Remember follow through pointing at the target.
Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.	Shut off the lights and have fun with a flashlight dance. When the flashlight is shined onto a body part, move it in different ways – wiggle, reach, bend and stretch.	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.	Go for a winter wilderness walk. As you walk, take deep breaths. 	Make a big pile of clean socks. Move quickly as you match the pairs and run them to a different part of your home.	Twist, turn, bend. Try doing these movements with different parts of your body. Can you think of other moves?
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!	Read a book with your family – act out the movements in the book. 	Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.	Build your muscles today by acting like a crab, a bear and a seal.	Play "add-on". Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.	Go ice skating. Put two paper plates on the floor and use them to skate. Try taking big small steps; in a straight line or a curvy line.
Roll up some socks, put them on a big beach towel, hold one end of the towel and fling the socks into the air.	Play follow-the-leader in your house. Take turns moving to a different room and then do a fun movement in each room.	Copy me. Toss a mitten in the air, do a trick and catch the mitten. Can someone copy you? Now you copy them!	Sit on a t-shirt and move around the floor using only your arms to pull and push.	Practice your galloping today. Try to use your hands to do other things while your legs are galloping – such as waving, clapping, or snapping.	Go on an imaginary walking trip. To walk through sand, over a log, into the mud, under a tree.
It "rained" yesterday so there are lots of puddles today. Pretend to run through the puddles, jump over the puddles, crawl around the puddles, and splash in the puddles.	Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.	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. Have fun, as you run, under the sun!	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. 	Play "Movement Emotional Charades". Use your entire body to act out different emotions and see if someone can guess what you are feeling.	Let's go silly. Walk all around home acting out different emotions. Can you walk sad, shy and