





JANUARY

Get Moving Today!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Start the New Year off with a family walk. As you walk, share the ways that your family can stay healthy this year.</p> 	<p>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?</p>	<p>Cut out paper snowflakes and make a trail through your home. Walk, run, and hop along the trail.</p>	<p>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>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>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.</p>
<p>Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.</p>	<p>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.</p>	<p>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>Go for a winter wilderness walk. As you walk, take deep breaths.</p> 	<p>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>Twist, turn, bend. Try doing these movements with different parts of your body. Can you think of other moves?</p>
<p>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>Read a book with your family – act out the movements in the book.</p> 	<p>Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.</p>	<p>Build your muscles today by acting like a crab, a bear and a seal.</p>	<p>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.</p>	<p>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.</p>
<p>Roll up some socks, put them on a big beach towel, hold one end of the towel and fling the socks into the air.</p>	<p>Play follow-the-leader in your house. Take turns moving to a different room and then do a fun movement in each room.</p>	<p>Copy me. Toss a mitten in the air, do a trick and catch the mitten. Can someone copy you? Now you copy them!</p>	<p>Sit on a t-shirt and move around the floor using only your arms to pull and push.</p>	<p>Practice your galloping today. Try to use your hands to do other things while your legs are galloping – such as waving, clapping, or snapping.</p>	<p>Go on an imaginary walking trip. To walk through sand, over a log, into the mud, under a tree.</p>
<p>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.</p>	<p>Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.</p>	<p>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>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>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>Let's go silly! Walk all around home acting out different emotions. Can you walk sad, shy and</p>