

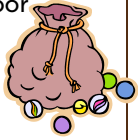





MARCH

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start the month off with a game of follow the leader. Move around your house in different ways as someone copies your movements.	"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.	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.	Tear newspaper into long strips – crunch them up into balls – throw the balls into a basket – Rip-Crunch-Throw.	Be a superhero! Think about all of your favorite superhero's and then spend some time moving just like they would.	Ask someone to go for a walk with you and as you walk, make up a little song about moving and having fun together.	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.
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.	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.	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.	Get outside and pick up trash in your yard.	Take a "spring is here" walk. Swing your arms as you walk quickly. Notice all the signs of spring! 	How many different ways can you carry a sock as you move around the house?	Crawling is a great way to work on the muscles in your arms. Try to crawl around your home for a few minutes – take a break and do it again.
Turn on some music and take turns choosing a way to move. 	Leaping! Put pillows on the floor and practice your leaping skills. Push off of your back leg and reach with your front leg.	Work on your locomotor skills – go outside and practice walking, running, galloping, skipping, jumping and hopping.	Pickup marbles with your fingers and toes. Lie on the floor and blow the marbles across the floor 	 Pull a wagon around outside as you pick up sticks. Create and obstacle course with the things you find.	Make it backwards day. Move from room to room backwards. Try to high and low, fast and slow.	Make a trail of paper plates through your home and pretend that you can only walk on the plates or you will fall in the water.
Get outside today and play "I Spy". Each time one of you says, "I spy", you have to all walk, run or gallop to that object.	Animal Action Fun! One person says the name of an animal and the other person has to move around the house like that animal would.	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.	Have an adult 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? Can you do this laying on the floor?	Make up a nonsense word. Now make up a movement to go with that word.	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.	Go on a walk through your home. Each time you get to a new space you have to change the way you are moving.
Pretend to have a beach party. Turn on some beach music and dance. Pretend to surf and swim as you work your body. 	Pretend your arms or foot or elbow or nose is a crayon and draw a big picture of a rainbow in your home.	Put a sock puppet on your hand and have it travel high, low, fast, slow, curvy and straight.	Pretend to be a balloon – first without air, then being blow up, then floating around the room, and then being popped!	Work on your tossing and catching skills with someone. Toss it right to their hands. 	Balance on two body parts. How about three parts or four or ever five body parts?	Repeat your favorite activity this month! 