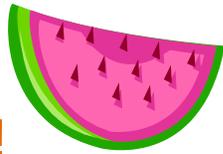
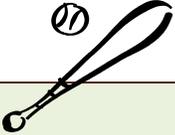


AUGUST



Get Moving Today!

ACTIVITY CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|---|
| Walk or run in a big circle, after the first one jump into the sky. Jump up to five times. | Using rolled up socks, put them on your tummy as you crab walk them across the house. | Draw a big circle using sidewalk chalk. Toss a sock or a bean bag into the circle. How far away can you get and still toss into the circle? | What are your favorite animals? Can you move like them and see if someone can guess what you are?  | Hit a balloon high into the sky and chase it as it floats all over the place. Hit it again before it touches the ground. | Ask someone to pitch you some soft balls as you try to hit the balls with a soft bat.  | Play hide and seek with a friend or family member. |
| Find a hill to run up and roll down. Go up in a different way and come down in a different way. | Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.  | Practice your toss and catch skills. Can you clap before you catch? | Reach with your front foot as you push off of your back foot. Pretend to leap over puddles. | Play catch with someone. Follow the ball with your eyes and then move your hands to meet the ball. | How far can you kick a ball? Kick it hard, chase it, run back and kick it again. | Set up a track in your yard. How many steps does it take to run the entire track? |
| Pretend to be a butterfly that is flying around your yard from flower to flower. | Make up a new game. Give it a name and have fun playing it. | How many different ways can you move your body? How about shiver, tumble, and waddle? | Make up a movement pattern - try jump, jump, wiggle, jump, jump wiggle. Your turn! | Go on a color walk. Find every color of the rainbow. Do five big jumps for every color.  | Take two minutes before going to bed tonight to stretch and relax as a family. | Pretend to move like different foods – melt like a popsicle or pop like popcorn. |
| Work on spelling your name (or other words) – but use your body to make each letter. | Practice bouncing a ball. Can you bounce it really high? Can you bounce really low? Can you bounce it so it travels behind you? | Practice your hopping skills. Take off and land on the same foot. How many times can you hop in a row? Can you hop with both feet? | A day to stretch your body in all different shapes and directions. Try to hold each stretch until you count to five. | Make up a yoga pose for your favorite animals. Do each pose as you relax and breathe. | Sweep the sidewalk or driveway for your family. Work hard and use those muscles. | Using paper plates try to see how far you can make them fly. What is the best way to toss it to make it go far? |
| Use your fine motor skills today – clean some vegetables and enjoy a treat.  | Plan an afternoon of physical activity. Let everyone decide one thing that they would like to do with the rest of the family. | Spread out a beach towel, move around it, over it, beside it, on it, then under it. | Play "Kick Golf". Pick a target, take turns kicking until you hit the target and then pick a new goal. | Put a water hose on a plastic tarp – have fun slipping, sliding and jumping in the puddles. | Using 'stuff' from around the house create a tunnel – have fun moving through it in different ways. | Go back and find your favorite activity and do it again. |