

# NOVEMBER

## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make a big circle outside. Practice moving in relationship to the circle. Can you move around it? Can you move in and then out of it? Can you run across it?</p>	<p>Move in opposites – fast/slow, up/down, near/far, big/small.</p> 	<p>Practice rolling your body across the floor. Make your body like a pencil and roll, then make your body like a ball and roll.</p>	<p>Jump over the river. Roll up a towel and put it on the floor. Can you jump over it? Make the towel just a little bit bigger – can you still jump over? How big can you make it?</p>	<p>Set up a few of your stuffed animals. Roll up a pair of socks. Practice throwing the sock ball at the animals. Step at the animal as you throw.</p>	<p>Turn on some music and take turns making up a movement. Play copy cat boogie, by following what each other does.</p> 	<p>Jumping stones: Put a bunch of wash clothes or handkerchiefs on the floor. Can you jump from one to the next? Try to cross the room without touching the floor.</p>
<p>Get outside and go for a walk. Look for different shapes. Can you find a circle, a square, and a triangle?</p>	<p>Can you try to move for two minutes without stopping? What happens to your heart when you do this?</p>	<p>Try skating on some paper plates. Put your feet on the plates and slide around the room, or put your hands on the plates and push them around the room.</p>	<p>Get a laundry basket and practice throwing things into it – try tossing far away and try tossing when you are really close.</p> 	<p>Use your body to pretend. Can you move like spaghetti? How about applesauce? How about a melting ice cube? Can you think of something?</p>	<p>Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.</p>	<p>Play I spy. One person says "I spy _____". And when the other person sees it you both run to it. Next time try skipping or galloping.</p>
<p>Color Find and Move. Have someone name a color, and then your job is to move to something that is that color. Move in all different ways.</p>	<p>Work on your catching skills. Use a soft ball or rolled up socks. Toss it up and catch it. Keep your eye on it as it travels through the air.</p>	<p>Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.</p>	<p>Walking with style. Go on a backwards walk. Now try a sideways walk. How about a spinning walk.</p>	<p>Go to each space in your home and practice hopping on one foot and then the other. Run to a new space and hop again.</p>	<p>Indoor Zoo: Move like an animal through your home. Each time you get to a new space change to a new animal.</p>	<p>How many parts of your body can you bend? Give it a try!</p> 
<p>Go on a shape walk. As you walk, pump your arms and get that heart beating. How many different shapes can you find?</p>	<p>Walk, jog, run – start out by walking one lap around your home. Now jog one lap and then finally run one lap. Which one was harder?</p>	<p>Turn on some music and try to keep moving for an entire song. Check out what it does to the way you are breathing.</p>	<p>Draw a shape on a piece of paper and then try to put your body into that shape. Keep your body still as you hold the shape.</p>	<p>Play a game of Can You? Can you spin on your bottom? Can you jump to the sky? Your turn to create a movement to try!</p>	<p>Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?</p>	<p>Toss a t-shirt in the air, let it land on your head. Toss it again, let it land on your shoulder, your elbow, your tummy or your foot.</p>
<p>Make a set of cards that have a number on each card. Put the cards in a bucket. Draw a card, read the number, then take that many steps together.</p>	<p>Work on walking tall and proud. Can you balance a paper plate on your head as you walk around your home?</p>	<p>Do some outdoor chores as a family. Reach, pull, push and bend.</p> 	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	<p>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.</p>	<p>Balance fun. Try putting four parts of your body on the ground and balancing. How about four other parts? Now try balancing on three parts or even five parts.</p>	<p>What were your favorite November Activities? Do them again!</p>