

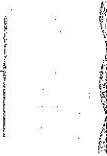






MAY

Let's Move! Today!

Head Start Body Start

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take a walk. Each time you see a sign of spring do 10 jumps for joy. 	Motions of the Weather. Use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.	Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your "opposite" foot.	Rainbow Run. Talk about the colors of the rainbow and as you name a color run and touch three things that are that color.	Log Rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.	Silly Run: Get outside and run. Try running in a straight line, a curvy line, and then a zigzag line. 	Pretend that your elbow or your foot is a great big crayon, and move all around your home coloring the most beautiful picture.
Can you leap? Pretend that your house is full of puddles and your job is to leap over all of them. Don't get wet! ☺	Find an extra chore that will help you become a better mover (sorting clothes to work on throwing skills; sweeping the floor to work on strength).	Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.	Statues Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.	Say the ABC's by putting your body into the shape of each letter.	Go for a walk – breath in the air as you swing your arms and hold your head high.	Can you skip? Give it a try – step, hop, step, hop.
Cut out a bunch of different shapes, put the shapes in a pile and then try putting your body into these odd shapes. 	Find different kinds of shoes in your house. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.	Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.	Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage. 	What animals do you see in the spring? Act them out.	Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.	Pick up your room! Each time you pick something up do five jumps before you put it away.
Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping. 	Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.	Nature Statues Game: Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10. 	Become a cloud! Watch the clouds today and change your body into all of the shapes that the clouds make – then float through space going high, low, fast and slow.	Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly.	Do the Opposite! Work on doing opposite movements, such as run fast and slow, reach high and low, march soft and hard.	Pretend to play your favorite instrument and go on a parade around the yard.
All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?	Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.	Get outside and play catch. Follow the ball with your eyes and move to where the ball is going. 	Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.	Motions of the Weather: Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow...get creative!	Make yourself really small and on the count of three spring up into the air, reaching and stretching to make yourself really big.	Go back and repeat the activities that you really enjoyed this month! 