

## 15 Simple Ways to Get Moving

### Summarized by TATS from Head Start, Body Start

1. Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.
2. Work on moving in different ways- go outside and practice walking, running, galloping, skipping, jumping and hopping.
3. Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing? Bring real instruments outside and march in a band with friends.
4. Go for a walk; talk about what you see, hear, and smell.
5. Go for a walk; breath in the air as you swing your arms and hold your head high.
6. Go for a walk; first go in straight lines, then curvy lines, and then try walking backwards.
7. Get outside and practice running. When you are running work on pumping your arms front and back and moving in a straight line.
8. Set up an obstacle course using things to jump over, go around, and even under. See how fast you can do it.
9. Find an open space and work on rolling in different ways...long, straight body and a curled up small body.
10. Blow bubbles outdoors. Chase and catch the bubble before it pops.
11. Pretend you are at a zoo. Identify an animal- move and sound like that animal.
12. Pretend to be a growing flower. First you are a tiny seed in the ground and then grow into a big flower.
13. Animal races; take turns moving like different animals (e.g., crab walk, frog jump, bear crawl).
14. Motions of the weather- use your body to pretend to be different types of weather: Rain, wind, thunder, snow...get creative.
15. Have a dance party in the Yard; play music and dance freely outside.