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Healthy Habits for Life

we have the moves!

Physical Activity Resource

FUN MOVEMENT ACTIVITIES
for small spaces, large spaces, and transitions

HEALTHY HABITS AT HOME
connect with families

LEARNING LINKS
tie movement to curriculum areas

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WE HAVE THE MOVES!

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INTRODUCTION

Welcome to We Have the Moves!

Inside this resource, you'll find fun-filled activities to help incorporate physical activity into everyday moments.

Hopping along the sidewalk, jumping into puddles on a rainy day, pretending to move like a butterfly, or dancing to music – the children in your care have days that are filled with fun and active movements just like these!

From birth, children explore and learn new ways to move their bodies. These early skills are the building blocks for doing more complex movements. Regular physical activity benefits children in all kinds of ways. It builds strong bones and muscles, improves social and emotional skills, and supports their ability to learn new concepts. Moving together also boosts children's self-confidence and makes everyone feel good – including you! The ideas in this resource, developed for children ages 2 to 5, will provide you with fun ways to boost children's activity during your everyday routines.

HERE'S WHAT YOU'LL FIND:

- physical activities that require minimal time and equipment;
- activities for both large and small spaces and groups;
- fun and easy ways to add more active play into everyday routines; and
- ways to link movement to different curriculum areas.

Whatever activities you choose, have fun together! Let children see you jumping, dancing, and being silly. The more they see you moving, the more they will want to join in. These moments will help lay the foundation for an active and healthy lifestyle.

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Using This Resource

As you read each section, you'll find that you are already doing physical activities with your children. Adding just a few more moments to your daily routine can make a big difference in helping them have fun with movement.

START WITH SMALL STEPS Choose the activity that works best for your group. You might begin with one activity per day and gradually increase the number. To help you get started, the Table of Contents on page 4 has a list of sections and activities. You can also download the entire guide at **sesamestreet.org/healthyhabits** to print specific pages with cut outs or to share with others.

TRY THE VARIATIONS FOR EACH ACTIVITY These provide you with ideas on how to extend or create a new activity. All of the different things that you can do will help you get children moving more – and more often! Keep an eye out for the words in **bold** throughout the activities to help you emphasize movement.

THESE PICTURES WILL HELP YOU DISCOVER WAYS TO LINK MOVEMENT TO DIFFERENT CURRICULUM AREAS.

Literacy Learning Links

Math Learning Links

Science Learning Links

Nutrition Learning Links

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A Caring Community of Mixed Ages

Although the activities in this resource are geared toward preschoolers, they can be adapted to work well with mixed, older, and younger age groups in both center-based and family child-care settings.

You can use the ideas below to bridge the gap between age groups or use them with a single age group. As you choose the activities that best fit your group, keep these tips in mind:

TIPS TO MODIFY ACTIVITIES FOR DIFFERENT AUDIENCES

BABIES

- Provide an open, safe play surface for babies to move around freely.
- Put age-appropriate materials on a blanket with babies and encourage little ones to reach for, grab, roll over toward, or crawl to the objects.
- Hold a baby while you sing and move to the beat. Invite other children to dance along!
- Use words like "up, up, up" while lifting a baby up, and "down, down, down" while going down.
- Place babies on their backs and slowly, gently move their arms or legs to mimic some of the moves that other children are doing – like marching or pretending to be a bird.

K-3rd GRADERS

- At this age, children love being "helpers," so ask them to help set up and organize activities.
- Invite them to demonstrate their physical skills (such as jumping, kicking, throwing, and catching) to younger children. This can boost older children's confidence while motivating the younger ones.
- When doing an activity, challenge this age group to keep moving longer than the younger ones, who enjoy shorter bursts of activity.
- While the younger children nap, provide this age group with quiet-time activities such as playing with board games and puzzles or reading books.

OLDER CHILDREN

- Encourage older children to take on fun responsibilities such as leading an activity or making up a new game.
- Assign children younger buddies whom they can help with movements that may be more difficult.
- Have them help set up a safe indoor or outdoor obstacle course for younger children.
- If there are several older children, have them make up a dance to perform for everyone else.
- If after-school children arrive, allow them to move around freely before starting their homework. Several activities offer calming variations that can help children relax and focus.

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SECTION ONE

Small Spaces, Great Ideas

In this section, you'll find physical activities that children can do in limited spaces. You can also try these activities on rainy days or when you have to stay indoors.

HERE ARE SOME SIMPLE SOLUTIONS FOR WORKING WITH LIMITED SPACE:

- Free up as much floor space as possible by creating more storage areas. You can use cardboard boxes, baskets, or plastic containers as storage bins.
- If you can, use hallways for activities such as hopscotch or bowling.
- Children love to use their imaginations; help them by providing objects that you already have. For example, children might imagine that a chair is a "big mountain" to march around. They can dance with stuffed animals or jump over blocks in the block area.
- In one part of the room, place a storage bin of safe materials (ribbon sticks, scarves, bean bags, beach balls, and maracas) that can get children moving. If you are a center-based provider, this can become a new movement area for children.



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ABC Stretch with Me!



Stretching is good for children's bodies and it feels great! It improves their flexibility and increases their range of motion. In this activity, children stretch in a variety of ways to form letters of the alphabet.

MOVEMENT SKILLS: marching, bending, stretching, twisting, reaching

MATERIALS

- a box or container filled with cards, each with a different letter written on it. (For younger children, you may begin with uppercase letters that are easier to form, such as A, C, H, I, L, M, O, T, V, and W.)

HOW TO PLAY

- Start with a short warm-up together. For instance, tell children, "Let's **march** in place by raising our knees high up in the air." You can sing the ABC song as you march!
- After the song is over, let children know that it's time for "ABC Stretch with Me!" Explain that stretching is good for their whole bodies. It helps their muscles and joints stay flexible so they can move their bodies easily.
- Take turns picking a letter from the box. You may want to draw the chosen letter on a board or a piece of paper for younger children to look at. In addition, it may be helpful for you to model how to make the letter with your own body. Tell children to **bend**, **stretch**, **twist**, and **reach** to form that letter. Let children know that they do not need to look exactly like the letter. The important thing is that they feel their bodies stretching.

POSSIBLE VARIATIONS

- After children form letters, arrange them in different ways so that they spell out words with their bodies.
- Lead this as a quiet, relaxing activity with slow movements to soothing music.

Learning Links

Literacy: As children hold a stretch, challenge them to think of different words that begin with that letter. For example, you can model how to make the letter C, and ask children to think of words that begin with C, such as *cat* and *can*.

Math: Form different numbers. You might also want to encourage children to use spatial words such as *forward*, *backward*, *high*, *low*, *above*, and *below* to describe where the body is stretching. As they stretch, children can count the number of seconds that they are in the pose or how many breaths they take.

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Jump the River

Children often need a movement break, whether outdoors or indoors. This activity will help them practice an important skill: jumping off both feet and landing in a balanced position.

MOVEMENT SKILLS: bending, landing, balancing, jumping

MATERIALS

- chalk or masking tape

HOW TO PLAY

- First, make two parallel lines on the ground about 12 inches apart using chalk or masking tape. This is the river.
- Show children all of the steps:
  1. **Extend** your arms behind your back and **bend** your knees.
  2. **Swing** your arms forward and take off with both feet.
  3. **Land** on both feet at the same time.

  Repeat this a few times and ask children to join in as they feel comfortable.
- When you see that they have mastered the move, ask children to stand on one side of the line and try to **jump** over the river without getting their feet wet!
- Once they become comfortable with the activity, have children jump 10 times back and forth across the river, counting each jump aloud. Older children can count to a higher number. And remember, you can join in the activity, too!

POSSIBLE VARIATIONS



- Vary the jumps. Jump off with one foot and land on two. Jump off with two feet and land on one.
- Gradually increase the number of jumps or the distance between the lines.



Learning Links

Literacy: Ask children to make up a story as they jump across the river.

Math: Create several geometric shapes (circle, square, triangle, rectangle) on the floor with tape, about two feet apart. As you call out a shape, have children take turns jumping to that spot.

Science: Use magazines or the Internet to find pictures of different habitats. Show children one of these pictures and say, "You just found a river in the African jungle. You have to jump over it to avoid the crocodiles!" As they jump, encourage children to imagine that they are in this habitat, and ask them what kinds of animals or plants they see.

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Nature Treasure Hunt



Bring nature indoors! This activity can be done anytime during the day to get children moving in different ways.

MOVEMENT SKILLS: bending, reaching, crawling, twisting

MATERIALS

- "treasures" from nature, such as leaves, rocks, twigs, and pinecones (optional: masking tape)

HOW TO PLAY

- Collect objects from nature on your own, or let children help you as you take a nature walk together outside.
- Hide the objects around the room. Then let children know that it's time for a "Nature Treasure Hunt." Together, **reach** high, **bend** low, and search above, under, around, and through the space to find treasures from nature. You can use masking tape to create straight, curved, and zigzag pathways on the ground for them to follow as they search.
- Every 2 to 3 minutes, call out different ways for children to move, such as **jumping** like a kangaroo, **waddling** like a duck, **stomping** like an elephant, or **crawling** like a crab. Help them notice how some of these movements get their hearts pumping very quickly by asking them to put one hand over their hearts before they begin a movement and to keep it there as they move. Do they feel a difference in how fast their hearts beat?

POSSIBLE VARIATIONS

- Divide children into smaller groups that look for different types of things. For example, one group can look for leaves while another hunts for rocks.
- Expand the search area by taking children outdoors to hunt for the objects, or increase the distance between hiding places.
- Create and hide any kind of "treasures" for children to find: letters written on note cards, cutouts of different shapes, or pictures related to a topic in your curriculum.

Learning Links

Math: After the hunt is over, ask children to count the number of treasures. How many leaves did they find? How many pebbles? How many treasures are there all together? Have children compare the shapes and sizes of the objects.

Science: Extend children's learning by studying the nature items they found. Ask children to make a hypothesis about which object weighs the most or the least. Explain that a *hypothesis* is a guess based on what you already know.

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Musical Statues

Children of all ages love to jump, bounce, and dance to music. This activity gives them the opportunity to move freely and practice their balance and coordination skills.

MOVEMENT SKILLS: dancing, jumping, marching, balancing

MATERIALS

- a music player with upbeat music that you can play and stop easily (optional: drawings or pictures of people in various poses)

HOW TO PLAY

- Explain to children that you will play some music. Tell them that they can **dance** or **move** when they hear it, but must freeze and not move when the music stops and you call out, "Statue!" Encourage them to move as fast as they can – **jumping**, **bouncing**, **marching**, **wiggling** – only while the music is playing.
- Play and stop the music and call out, "Statue!" Repeat this several times.

POSSIBLE VARIATIONS

- Hold up pictures for children and ask them to freeze in the pose that is shown. The images of Grover below are great ideas for poses!
- If you are working within a larger space or outdoors, have children spread out and dance in different areas.

Learning Links

Literacy: Ask children to freeze in the shape of a letter, such as the letter O. When the music starts playing again, encourage them to dance while singing the letter sound ("Oh, oh, oh!"). The next time the music stops, ask children to think of a word (even a silly one) that begins with that letter.

Nutrition: Together with children, freeze in poses that show you eating different kinds of healthy foods. You might freeze biting into an apple, peeling a banana, eating a sandwich, or drinking water.



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Magic Wand

A strip of fabric and some imagination can really get children moving! This simple scarf activity helps children improve their hand-eye coordination.

MOVEMENT SKILLS: waving, stretching, bending, throwing, catching, reaching

MATERIALS

- colorful scarves or long strips of fabric (optional: music player)

HOW TO PLAY

- Give each child a scarf or fabric strip and ask children to pretend these are magic wands. Explain that they can use these wands to make anything if they just use their imaginations!
- Have children stand next to one another and **wave** their arms from side to side to draw a rainbow of color in the sky. Model for children how they can **stretch** up high and **bend** down low to make big waves in the ocean! How many other things can they imagine they are making?
- Encourage children to **throw** their scarves up high into the air and **catch** them when they fall down. Demonstrate how to do this:
  1. With knees bent, hold the scarf in one hand by your side.
  2. Stand up, and bring your arm upward over your head.
  3. Let go of the scarf.
  4. **Reach** out in front of you to catch it with both hands.

POSSIBLE VARIATIONS

- Tap out a beat using musical instruments and encourage children to move their scarves to the tempo. Move them faster as the tempo increases and slower as the tempo decreases.

Learning Links

Literacy: Ask children to draw letters in the air with their scarves while saying each letter's sound aloud.

Math: Model how to draw the numbers 1 through 9 on a board or piece of paper. Pick a number and show children how to draw that number in the air with the scarf. Encourage them to use their whole body to draw the number. They can bend down low and reach up high to the sky to make really big numbers!

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SECTION TWO

Big Spaces, Big Moves

This section is filled with activities that get children moving all around an open space. Whether you're indoors or outdoors, these activities will get hearts pumping!

HERE ARE SOME IDEAS TO HELP YOU GET MOVING IN LARGE AREAS:

- Use simple, age-appropriate materials such as balls, scarves, bean bags, pairs of socks, and toy hoops to encourage movement.
- Throwing, catching, and running are great ways to help children strengthen large muscles and practice gross motor skills.
- Try to include time to play outside each day – whether in the yard or at a nearby park or playground.



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Catch the Monkey's Tail!

Children love being chased around and chasing others. By pretending to be a monkey in this activity, children will practice movement skills.

MOVEMENT SKILLS: running, leaping, reaching, grabbing

MATERIALS

- colorful scarves or long strips of fabric

HOW TO PLAY

- Begin by asking children to move like monkeys. Point out that monkeys use their arms, legs, and whole bodies to **run**, **leap**, or **climb** through trees. Mimic how a monkey moves around, and imitate its sounds, too. ("Ooh, ooh, ee, ee, ah, ah!")
- Children can take turns being "It." To decide who goes first, give each child a "monkey tail" by lightly tucking a scarf or fabric strip into his back pocket or waistband.
- Give children a few seconds to run, leap, or climb like monkeys before being chased. Then say, "Ready or not, here I come!" **Reach** and gently **grab** a tail, which makes a child "It." Now it's his turn to chase the monkey's tail!

POSSIBLE VARIATIONS

- Encourage children to be other animals that have tails. While being chased, they could **gallop** like a horse, **slither** like a snake, **swim** like a fish, or **fly** like a parrot.

Learning Links

Science: Brainstorm a list of animals that have tails, and talk with children about how different tails have different uses. Dogs and cats use their tails to show how they're feeling. Tails on fish help them move through the water. Horses have tails to swat flies away!

Nutrition: Explain to children that many monkeys love to eat fruits and vegetables. Encourage children to try new kinds of foods with a movement game: As children pretend to move like monkeys, they can collect an imaginary fruit or vegetable of your choice to bring back to a basket.

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Bubble Chase

Having children blow and chase bubbles is a fun way to keep them active. All they need is a bubble mixture, bubble wands, and their imaginations!

MOVEMENT SKILLS: running, hopping, jumping, waving, bending, kicking, reaching

MATERIALS

- bubble solution (1/2 cup dish soap, 2 cups water, 1 tablespoon corn syrup) and bubble wands. (If you don't have bubble wands, you can make them easily out of pipe cleaners or by cutting a hole in the bottom of a paper cup.)

HOW TO PLAY

- If needed, help children make bubble wands with pipe cleaners or paper cups. Bend the top of a pipe cleaner to form a complete loop, leaving the bottom part straight for a handle. If you're using paper cups, cut a hole in the bottom of each.
- Dip the wands in bubble solution, then blow some bubbles! **Run**, **hop**, **jump**, **wave**, **bend**, and **kick** with children to pop the bubbles. Encourage them to **reach** up high and **bend** down low to pop as many bubbles as they can, as fast as they can!

POSSIBLE VARIATIONS

- Divide children into pairs. Let one child blow bubbles while the other chases after him. Then have them change roles.
- Let children run with their bubble wands to make a trail of bubbles.
- Encourage children to use only one body part (elbows, knees, or toes) to pop bubbles.

Learning Links

Math: Using pipe cleaners, help children make bubble wands of different shapes. They can make triangular, rectangular, and circular ones. Count the sides of each bubble wand together and take a vote to see which shape bubble wand the children like the best!

Science: Have children make pipe-cleaner wands in different shapes, then ask them to predict whether the bubble they make will be round or instead come out as the shape of the wand. Explain that *predict* means to make a thoughtful guess about what you think will happen. Then conduct an experiment to see if the shape of the bubble wand affects the shape of the bubble!



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Balance Poses

This activity can help children focus and relax while building strength and flexibility. They will also feel a sense of accomplishment with every pose!

MOVEMENT SKILLS: stretching, bending, twisting, reaching, balancing

MATERIALS

- balance pose cards, provided below, and a small box, bin, or hat (optional: music player and soothing music)

HOW TO PLAY

- Photocopy or download and print the cards below, cut them out, and put them in a small box, bin, or hat.
- Ask children to raise their arms out to their sides and stand away from one another so that their fingertips do not touch anyone else's. This will give everyone enough room to **stretch**.
- Have children take turns picking a balance card from the box or hat and have everyone form that pose with you. Hold each pose for at least 10 seconds.

POSSIBLE VARIATIONS

- Have one child pick a card and do the pose while everyone else guesses what she's pretending to be.
- Take a jumping break! Before picking a new card, have everyone **jump** in place a few times.

Learning Links

Literacy: It's balance story time! Ask children to use their imaginations to make up a fun story using the words *frog*, *dog*, *arrow*, and *tree*. Ask them to share their story aloud while the listeners get into the different poses.

Math: Build children's math vocabulary as they try different poses. Show what *straight*, *curved*, *diagonal*, and *parallel* lines look like by drawing them on a board. Ask children to form these lines with their bodies.

FROG	DOG	ARROW	TREE
			

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Transitions in Motion

In this section, you'll find ideas on how to keep children moving when it's time to switch between indoor and outdoor spaces or from one activity to another. Specific movement tasks during transitions can serve as fun cues to help children get ready for what's next.

HERE ARE SOME TIPS TO PUT MOVEMENT INTO TRANSITIONS!

- Movement breaks can help children release energy after sitting for a long period of time, so encourage them to get up, wiggle, and shake their bodies during transitions.
- Do a special movement while you play slow, soft music, or sing a song to signal that a change is about to happen.



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Naptime Breathing

Just before naptime, this simple exercise can calm children. It can also help them become more aware of their breathing when they're involved in physical activities later.



MOVEMENT SKILLS: resting, breathing

MATERIALS

- music player with slow and soothing music

HOW TO PLAY

- Together with children, sit in a circle with legs crossed. Explain that it's important for bodies to have downtime. Children's bodies need to rest so that they have enough energy to move and play.
- Model each action as you ask children to place their hands over their mouths and feel their breaths. Together, **breathe** quickly or slowly, and ask children to compare how each breath feels in their hands.
- Ask children to pretend their tummies are balloons. Encourage them to take long, deep breaths and fill up their balloons with air. Then tell them to breathe out through their mouths to let the air out of the balloons.
- Use this opportunity to introduce *inhale* and *exhale* as vocabulary words. Explain that inhale means "breathe in," and exhale means "breathe out." Then say, "Let's take five deep breaths together," and with each breath cycle, repeat, "Inhale through your nose, exhale through your mouth."

POSSIBLE VARIATIONS

- Together, lie on the floor facing the ceiling and place hands on tummies. Take deep breaths and watch hands move up and down. Ask children to imagine that their tummies are big waves rising and falling in the ocean.

Learning Links

Literacy: Right before naptime, you can read a story that contains calm and peaceful elements. Ask children to close their eyes and take deep breaths as they imagine the story in their heads.

Science: Explain that when people breathe in air, they breathe in something called *oxygen*. The body sends this oxygen to all of its different parts to keep them healthy. Then discuss: What other things need oxygen?

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Picker-Upper Vacuum Cleaner

Cleanup time is a big part of the day for both the children in your care and for yourself. Using imagination is a fun way to get children moving at a moderate pace as they put away toys and supplies.

MOVEMENT SKILLS: bending, reaching, grabbing

MATERIALS

- toys and supplies to be put away

HOW TO PLAY

- When it's time to clean up, you can say, "Vroom! Vroom! It's time to turn on your vacuum cleaners to clean up!" Ask children to pretend they are vacuum cleaners. Tell them that their arms are hoses that suck up toys and supplies, and their legs are wheels that move around to put things back in the right places.
- As you clean up together, **bend**, **reach**, and **grab** in all kinds of directions: *forward, backward, above, below, around,* and *through*. Learning these vocabulary words will also guide children in the cleanup process and help them build spatial awareness. Make vacuum cleaner sounds as children move around the room and encourage them to join in!

POSSIBLE VARIATIONS

- If space allows, ask children to "vacuum" around the room fast.
- Add more movement by pretending to be a **jumping**, **marching**, or **wiggling** vacuum cleaner.
- If it's time to clean the table, you can play "Wipe, Wipe, Table Wipers!" Put nontoxic soap or spray on the table and give children paper towels to wipe. Ask them to use their hands and arms to make large, small, fast, or slow circular motions.

Learning Links

Literacy: Help children learn a new vocabulary word. Explain that a *machine* can help make things easier for people, and a vacuum cleaner is a kind of machine!

Math: Ask children to pick up two square blocks or find three triangular objects to help develop their matching and sorting skills.



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Healthy Food Grooves

Lead this activity to transition children into mealtime or snack time. It's a great way to get them excited about healthy foods through dance and movement!

MOVEMENT SKILLS: jumping, bending, reaching, throwing, grabbing

MATERIALS

- children's bodies – and their imaginations!

HOW TO PLAY

- Announce that it's almost time for a snack or a meal. Talk with children about how they can keep their bodies healthy and strong by eating lots of nutritious foods and by moving their bodies! Ask each child to give an example of a healthy food and make up a move for it! For instance:
  - Reach for apples: **Bend** your knees to **jump** high in the air and **reach** for apples in the tree. **Pick** as many as you can, as fast as you can!
  - Go strawberry picking: Bend your knees and **squat** down low to pick some strawberries from the patch. Then reach up high and **throw** them into the basket.
  - Go food shopping: **Walk** in place and pretend you're at the grocery store. **Swing** your arms as you walk. **Grab** some healthy foods and put them in your cart. What foods are you buying?

POSSIBLE VARIATIONS

- Cooking together is a great way to help children learn about healthy foods. Have them help prepare simple snacks and meals. They can work on developing their fine motor skills as they **mix**, **spoon**, **pour**, **shake**, **toss**, and **roll** ingredients. Even if you don't have access to a kitchen, children can pretend to cook!
- Divide children into small groups named after healthy foods, such as "jumping beans" or "wiggling noodles," and ask each group to move like that food to the table.

Learning Links

Literacy: Help children in your care develop a rich food vocabulary by introducing categories of foods (fruits, vegetables, legumes, grains, and dairy) and some of the different foods in each group.

Science: Explore what fruits and vegetables need in order to grow. A child can imagine being a seed planted underground (by squatting down low), then the rain falling down (hands fluttering from up high to down low), the sun shining bright (making a big circle with arms), and finally the plant growing tall (arms stretching up high)!

Nutrition: Help children make a grocery list of healthy foods using words or pictures, and go on a pretend trip through the grocery store. They can reach up high to get a food item from the tallest shelf and then put it in their carts to push around.

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Off We Go!



Pretending to be different modes of transportation is a fun and active way to help children move from place to place.

MOVEMENT SKILLS: stretching, twisting, spinning, pulling

MATERIALS

- pictures from magazines, newspapers, and/or the Internet of different modes of transportation (car, truck, train, airplane, boat, motorcycle, rocket ship, etc.)

HOW TO PLAY

- Show children pictures of different modes of transportation and label them together. Explain that these are all types of *transportation,* which means "a way of getting from one place to another." Ask children to imitate how each type of transportation moves and sounds. For example, children might:
  - **stretch** their arms out wide and **shift** their torsos from side to side as if flying like an airplane;
  - **rotate** their arms in circles like the moving wheels on a train;
  - **twist** their arms clockwise and counterclockwise in front of them as if turning the steering wheel of a car;
  - **pull** their arms forward and back on each side, as if rowing a boat; and
  - **circle** their legs in the air while on their backs, as if riding (upside down!) on a bicycle.
- When it's time for children to move on to another area or activity, ask them to use one of the moves you practiced.

POSSIBLE VARIATIONS

- Instead of moving like vehicles, children can move like insects or form letters, numbers, or shapes.

Learning Links

Science: Compare the speed of a quick-moving train to that of a bicycle. Ask children to predict which will get to its destination sooner. Talk about all types of vehicles – those that travel by air, land, and sea. Don't forget that the body is a mode of transportation, too!

Nutrition: Explain to children that, just as a car needs fuel to go, their bodies need plenty of healthy foods to think and move. Let children know that as their bodies do more work, they lose energy. For example, you can show how a ball loses energy as it bounces. That's why they need to feed their bodies nutritious foods such as fruits and vegetables to keep them strong.

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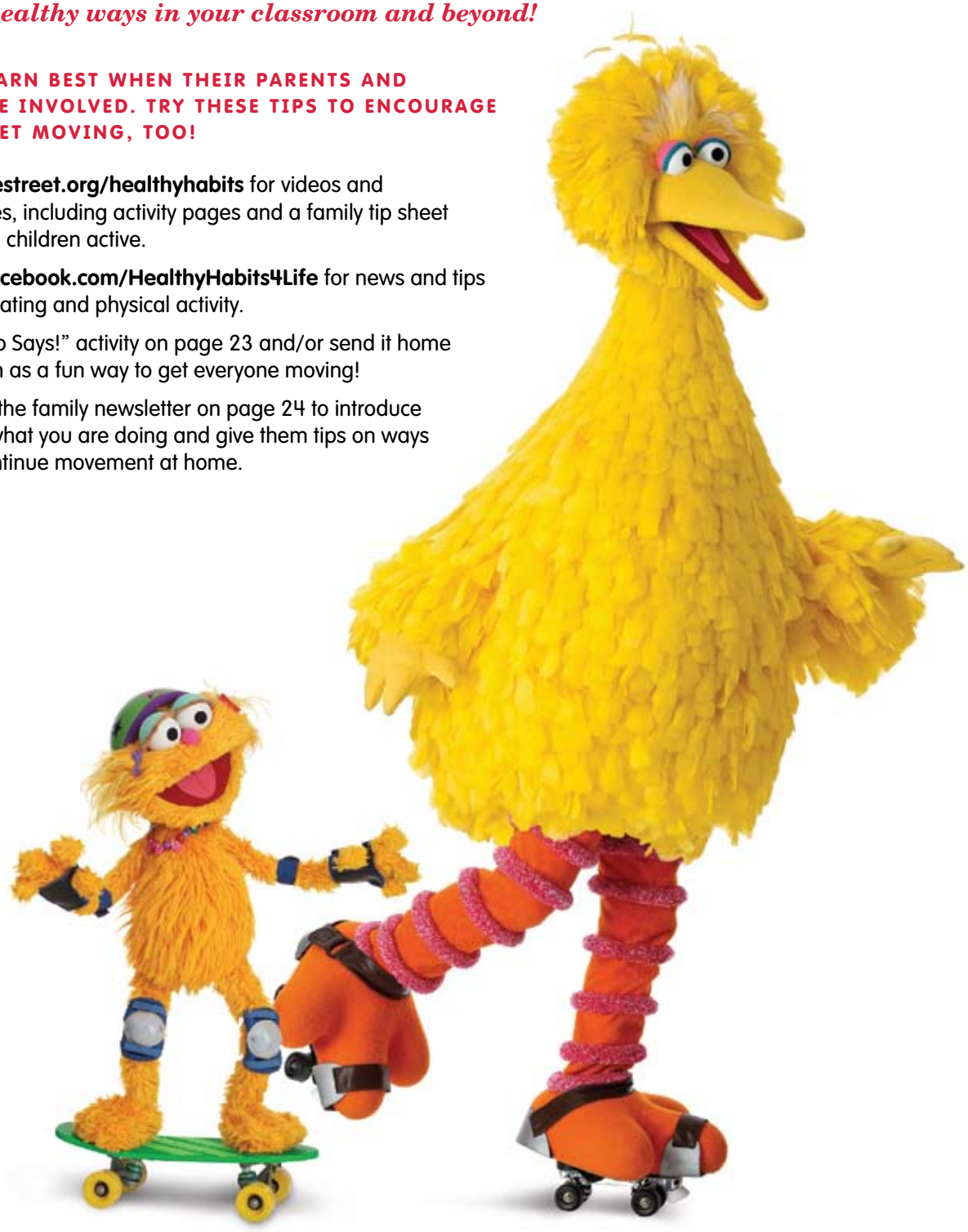
SECTION FOUR

Keep Moving

This section includes reproducibles to keep the children in your care moving in healthy ways in your classroom and beyond!

CHILDREN LEARN BEST WHEN THEIR PARENTS AND TEACHERS ARE INVOLVED. TRY THESE TIPS TO ENCOURAGE OTHERS TO GET MOVING, TOO!

- Visit **sesamestreet.org/healthyhabits** for videos and reproducibles, including activity pages and a family tip sheet to help keep children active.
- Like us at **Facebook.com/HealthyHabits4Life** for news and tips on healthy eating and physical activity.
- Try the "Elmo Says!" activity on page 23 and/or send it home with children as a fun way to get everyone moving!
- Send home the family newsletter on page 24 to introduce families to what you are doing and give them tips on ways they can continue movement at home.



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Elmo Says!

Use the cards below to encourage movement skills like jumping, hopping, stretching, dancing, stomping, and wiggling.

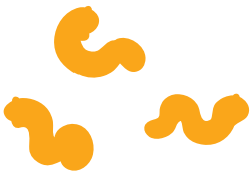
HOW TO PLAY

➜ Photocopy or download and print the cards, cut them out, and mix them in a bag. Take turns picking a card out of the bag and reading it together. What does it say to do? Have fun doing the moves together!

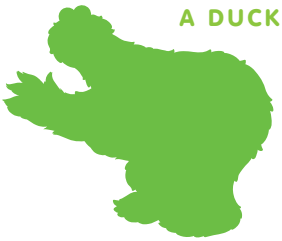
JUMP! TOUCH YOUR TOES!



WIGGLE LIKE SLIMEY!



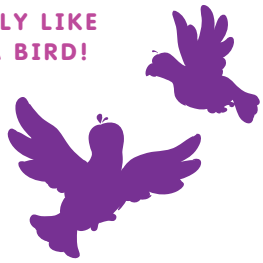
WADDLE LIKE A DUCK!



DO A SILLY MONKEY DANCE!



FLY LIKE A BIRD!



STOMP! STOMP! STOMP!



JUMP UP! TWIRL AROUND!



SHAKE, SHAKE, SHAKE YOUR SILLIES OUT!





PRETEND TO PLAY YOUR FAVORITE SPORT!

DO FIVE FROG LEAPS!





DANCE FAST!



HOP LIKE A BUNNY!



DANCE LIKE JUMPING BEANS!

KICK YOUR LEGS!





STRETCH UP HIGH... TRY TO TOUCH THE SKY!

CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.



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GOOD NEWS, GOOD NEWS! read all about it!



SESAME STREET FAMILY NEWSLETTER

Hello, Families!

We're making our bodies healthier and stronger by keeping them active throughout the day. Join us by showing your child that moving around is something your whole family has fun doing together.

TIPS FOR PARENTS

Staying active together as a family is easier than you think! Here are simple ways to incorporate more physical activity into your everyday routines.

- **Park it and walk!** When you go to the store, park at a distance and walk to the entrance and back to the car. Try moving in different ways to get your heart pumping. You can march, skip, or hop!
- **Move and groove in the kitchen!** While you're cooking, put on some of your favorite music. Ask your child to make up a dance for the different foods you're cooking, such as wiggling like pasta or jumping like jumping beans.
- **Play a game of popcorn laundry.** Ask your child to help you match and roll pairs of socks. Spread out a bedsheet and have each family member hold an edge. Put the socks in the middle and flap the sheet up and down to make them "pop" high in the air!
- **Turn TV time into active time.** Try balancing, hopping, or stretching during commercial breaks.
- **Have a family dance party!** Turn up the music and encourage each person to make up a fun move for everyone else to do.

For more fun tips, videos, and resources to help keep your child active, visit **sesamestreet.org/healthyhabits** and like us at **Facebook.com/HealthyHabits4Life**.

Quick Tip!

Fill a box or cabinet with things that get you moving, such as balls to bounce, scarves to wave around, or a CD of fun music you can dance to!

3 Reasons to Get Moving:

1. Moving helps keep your muscles, bones, joints, and organs healthy and strong.
2. You'll get into a routine that can help you build a healthy lifestyle.
3. Your child will follow your active lead!

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SESAME STREET FAMILY TIP SHEET

Move Together Anytime!

Incorporate physical activity into your everyday routines with these fun, easy ideas that will help lay the foundation for an active and healthy lifestyle.

- **Rise and stretch!** Start the day by doing some quick morning stretches together. Say, "Reach your arms up high to touch the sky! Reach down low to tickle your toes."
- **Jump to the car.** Instead of walking to the car, bus, or subway, encourage your child to jump like a frog or hop like a bunny. These movements will strengthen his leg muscles and help your child wake up!
- **Parade to dinner.** As meals are being prepared, use this time to encourage your child to march around the table to celebrate the fun of a family meal.
- **Row, row, row to the bath.** Ask your child to pretend she's rowing both of you toward the bathtub. Sing, "Row, row, row your boat…to the tub with me. Clean, clean, clean, clean… that's what you will be!"
- **Have a pajama party!** Before bedtime, put on your pajamas, turn on some music, and dance!

TRY THESE MOVES TOGETHER! CUT OUT THE CARDS BELOW AND BRING THEM WITH YOU TO USE ANYTIME, ANYWHERE.

Picking Fruit with Elmo: Reach your hands up and jump in the air. Pick an apple or a pear!



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Abby's Flying Fairies: Abby Cadabby flies way up high! You can, too! Stretch your wand up to the sky.



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Rosita Does a Super Twist: Twist your torso side to side, with your arms open wide!



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FOR MORE FUN TIPS, VIDEOS, AND RESOURCES TO HELP KEEP YOUR CHILD ACTIVE, VISIT SESAMESTREET.ORG/HEALTHYHABITS AND LIKE US AT FACEBOOK.COM/HEALTHYHABITS4LIFE.

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