

Focus on Play Time

1. My Body

How to play:

Tell your child you are going to talk about ways your body can move. Ask your child how your body would move if you were skipping, jogging, jumping, waving, shaking, swimming, pointing, wiggling and clapping, etc.

Benefits of this activity:

- To teach different ways the body can move

2. Animal Moves

How to play:

Tell your child you are going to pretend you are different animals. You will name an animal and show the child how that animal moves. Here are some examples to get you started. Let her use her imagination and have fun.

- shake tail like a wet dog
- slither like a snake
- hop like a kangaroo
- crawl like a slow turtle
- fly like a bird
- gallop like a horse running in the field
- stomp like a big black bear
- climb like a monkey reaching for a banana

Benefits of this activity:

- To teach different ways the body can move
- To encourage imagination



3. Jumping Beans

How to play:

Hold your child's hands in yours. Both of you start jumping up and down pretending to be jumping beans. Rest, and then do it again.

Benefits of this activity:

- To teach different ways the body can move

4. ME

Say the poem and point or follow the actions the poem discusses.

2 little eyes
That open and close
2 little ears but just 1 nose
2 little shoulders
1 on each side
2 little arms to open wide
2 little hands
Busy all day
2 elbows that bend
They're made that way
2 little feet so sturdy and strong
2 little legs
That run all day long!

Benefits of this activity:

- To teach the names of the parts of the body and how they move

5. Airplanes

How to play:

Tell your child you are going to pretend you are airplanes that only fly when music is played. Stick out your arms and move around the room. Start by saying "Pilot, start your engine" (start the music). Allow the music to play for a couple of minutes then stop. Ask your child to jump three times to restart the plane when the music starts again. Ask your child to fly a different direction pretending he is going around a mountain, fly in big circles, then in little circles, etc...

Benefits of this activity:

- To teach movement
- To teach how to follow instructions

