






APRIL

Get Moving Today!



ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have fun on April Fool's Day. Act out an emotion and see if someone can guess what you are feeling.</p>	<p>Pretend you have a farm. Act out the different things you would see, like a horse galloping, a pig rolling in the mud, and a farmer picking apples high in a tree.</p>	<p>Get down on the floor and roll around – roll in a straight line, roll in a tiny ball, roll across the room.</p>	<p>I spy something red! Run and touch something red. I spy something yellow! Gallop and touch something yellow.</p>	<p>Using an empty paper towel roll and a balloon; work on volleying the balloon so it does not touch the floor.</p>	<p>Work those muscles by crawling, bear walking, crab walking, and slithering like a snake across the room.</p>	<p>Jump 13 times – hop 13 times – march 13 steps – reach up high 13 times.</p>
<p>Can you do a jumping jack? Give it a try.</p> 	<p>Work on your bending, twisting, shaking, reaching, and crunching. Can you think of other ways to move while staying in one spot?</p>	<p>Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing?</p>	<p>Practice your walking today – swing your arms, keep your head up, shoulders back. Do this outside!</p> 	<p>Pretend that your home is full of mud puddles and your job is to jump over them without getting wet and dirty.</p>	<p>Help out in the kitchen – sweep the floor and wipe down the counters. Use great big movements to work all your muscles.</p>	<p>With a ball that bounces work on bouncing and catching skills. Drop the ball and catch it after it bounces.</p>
<p>Get outside and run, gallop, and jump all over. Feel your heart when you are done – what is it doing?</p>	<p>Find lines on the sidewalk or driveway and jump over them. Remember to land softly on two feet.</p> 	<p>Have fun rolling around your home. Work on rolling in a straight line and a curvy line.</p>	<p>Try to wiggle and shake every part of your body, one by one. Then wiggle or shake your entire body.</p>	<p>Roll a t-shirt into a lasso and move it in circles above your head, in front and behind and to the side. Do it with the other hand too.</p>	<p>Practice your hopping. Remember to take off and land on the same foot. Hop near and far, high and low.</p>	<p>Turn some music on and move to the beat. This is more fun if someone does it with you.</p>
<p>Sit on a t-shirt, roll up another t-shirt and hold on to one end as someone else holds on to the other end and pulls you around the room. Your turn to pull them.</p>	<p>Running is a great way to make your heart healthy. Try to run for 2 minutes without stopping.</p>	<p>Pretend to be a seed that is planted in the ground and then grows into a big, strong tree.</p>	<p>Find a ball and practice kicking. How far can you make the ball go? How high can you make it go?</p>	<p>Find four pillows that are different sizes. Can you balance on each one without falling off?</p> 	<p>Ask someone to practice tossing and catching with you. Keep your eye on the ball as you move your body to the ball.</p>	<p>Wad up a tissue. Lie down on the floor like a snake and blow the tissue across the floor.</p>
<p>Put a paper plate on your head and walk across the room without it falling off. Can you bend down and get back up without it falling off?</p>	<p>Transport mel Put one small item on a paper plate and carry the plate on your palm to the other side of the room. Can you carry two items? How about three?</p>	<p>Go on a walk through your home. How many steps does it take to get from one space to another?</p>	<p>Time to stretch and reach. Turn you body into different shapes and hold each shape, as you squeeze your muscles.</p> 	<p>Using kitchen tongs, practice picking up wash cloths and carrying them to the other side of the room, run back and do it again</p>	<p>Time to get outside and move. Ask someone in your family to come out with you.</p>	<p>What was your favorite? Go back and repeat your favorite April activity.</p>