

Music & Movement

Greetings!

I know you are all nice and cozy at home enjoying your isolation time, and I know you are all eager to get back to work. All your teachers have been working hard to ensure that during this time quality learning is still happening.

Although we all hope you and your families are all safe and practicing social distancing to stay healthy. Your child's health is very essential.

Body Movement Songs!

1. Freeze Dance
2. Do the Bear walk
3. Shake your sillies out
4. Hokey pokey
5. Animals in action

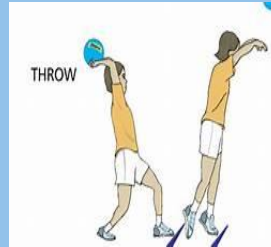


HAND MOVEMENT SONGS

1. My Favorite Color super simple songs (Discuss what is each color & what their favorite color is.)
2. If You're Happy & You Know it (Practice making the different types of faces.)
3. One Little Finger (Focus on body parts)
4. Family Finger Coco melon (Practice vocab & what each member of the family does)
5. Head, Shoulders, Knees & Toes (Add movements)
6. This is the way.. (Act out different steps)

BALL GAMES

Using a ball in a space where nothing can break, show your child how to throw the ball overhead. Have them catch when you throw it. Have them hit a target on the wall.



MOVEMENT



HAVE A RACE!

Set up the start & finish line.

1. Crawl
2. Drag
3. Hop
4. Jump
5. Run
6. Tiptoes
7. Roll
8. Slither

OR

Make a straight line with tape on the floor

1. Have child walk the line going forward
2. Walk the lines sideways
3. Walk 1 foot on each side of the line
4. Jump sideways from side to side
5. Jump forward & backwards