



## Glide's Guide on being active!

# Hand, Hand, Fingers, Thumb



**Materials:** Hand, Hand, Fingers Thumb book by Al Perkins

**Age(s):** Toddlers, Preschoolers, Pre-K

**Directions:** Read the book while the kids march in place, around the room or act out what the story says the monkey is doing. Whenever you read “Dum Ditty Dum Ditty Dum Dum Dum,” or any reference to drumming, kids will drum on their knees, desks, or table for at least 15-20 seconds.

### FAMILY ENGAGEMENT

Source: *Energizers: Classroom-based Physical Activity*