

Name of Activity	Locomotor	Non-locomotor	Manipulative	Movement Concepts	Curricular Concepts
Meet the Be Active Kids	■	■		Body awareness, effort awareness, spatial awareness	Language & literacy (vocabulary), listening skills
Going to the Park	■	■		Body awareness, effort awareness, spatial awareness	Language & literacy, imagination
A Trip to the Farm	■	■		Body awareness, effort awareness, spatial awareness	Language & literacy, science

Overview of Be Active Kids Story Time

Story time does not have to be a time to sit around — make it active. Choose stories where kids can be moving around and involved in the story. Include action verbs such as running, jumping, walking, hiking, and climbing. Use these words throughout the story and add variations like fast or slow, high or low. Use an old favorite or make a new adventure. Have kids make up their own stories, too. Stories can promote language and literacy, imagination, numeracy, and even science, all while being active. You can adapt them to any age.

Here are some examples of action stories:

1. Meet the Be Active Kids
2. Going to the Park
3. A Trip to the Farm

Once you have tried these stories use your own ideas to make up or expand these or other stories. Be creative and have fun!

Tips for selecting books and stories that encourage movement:

- Look for sports related themes
- Look for books about the body and body parts
- Look for books with or about animals
- Look for books with transportation themes (buses, cars, trucks, bikes, etc.)
- Look for books based on nature and being outdoors
- Select large size books with big print and lots of pictures so all children can see
- Try and use projectors to have the story large enough for all to see and out of the way so that the adult can be active and modeling for the children

Equipment and Loose Parts List

- Bikes
- Boxes/baskets
- CD of “Old MacDonald Had a Farm” (optional)
- Large balls (such as beach balls, foam balls, playground balls)
- Natural items (such as sticks, stones, pine cones, etc.)
- Pictures or puppets of Be Active characters
- Small balls
- Supplies for a pretend picnic (or pictures of items for picnic)

Sample Books:

- *I Went Walking* by Sue Williams
- *The Bear Went Over the Mountain* by Rozanne Lanczak Williams
- *From Head to Toe* by Eric Carle
- *Quick as a Cricket* by Audrey Wood
- *Hokey Pokey: Another Prickly Love Story* by Lisa Wheeler
- *My Very First Book of Motion* by Eric Carle
- *Move* by Steve Jenkins and Robin Page
- *The Little Engine that Could* by Watty Piper
- *Clifford's Sports Day* by Norman Bridwell
- *Go, Dog. Go!* by P.D. Eastman
- *Wheels on the Bus* by Raffi
- *Jump Like a Frog* by Kate Burns
- *First Steps* by Lee Wardlaw and Julie Paschkis
- *Balancing Act* by Ellen Stoll Walsh
- *A Ball for Daisy* by Chris Raschka
- *Jump* by Scott Fischer
- *How to Catch a Star* by Oliver Jeffers
- *Barnyard Dance* by Sandra Boynton
- *The Bouncy Ball* by Hilda Cuervo and Alex Acayen
- *Catch the Ball* by Eric Carle
- *Hand, Hand, Fingers, Thumb* by Al Perkins and Eric Gurney
- *Here are My Hands* by Bill Martin Jr. and John Archambault
- *Rainy Day* by Patricia Lakin and Scott Nash
- *Look at Me* by Dianne Warren
- *Born to Move* by Dianne Warren

Meet the Be Active Kids

BE ACTIVE KIDS®

Equipment:

Pictures or puppets of the Be Active characters

Instructions:

"Today we are going to meet some new friends. They are the Be Active Kids. They love to play and be active doing lots of things indoors and outdoors. As we do our Be Active Kids activities they will help us learn new ways to move and play."

Hold up picture or a puppet of each character as you talk about the character.

"This is Blue the Caring Cub. He is the leader of the Be Active Kids Club. Blue likes to be friends with everyone. Let's walk around like Blue and say hi to all of our friends."

"This is Glide the Bird. She flaps her wings to move fast. Can you move your arms up and down like Glide and pretend that you are flying?"

"Swing is a playful monkey. He likes to climb. He lifts his legs high to climb up and over things. Can you swing your leg up and over and pretend you are climbing over a rock?" (Demonstrate lifting leg and swinging it over).

"This is Leap the Rabbit. She loves to jump on both feet. Let's all jump like a rabbit on two feet."

"Our friend Dart is a dog. His favorite thing to do is to run. We are going to run in place like Dart runs."

"Here is a story about our Be Active friends. When they do something like jumping we will do it, too." Read the story and demonstrate each activity, encouraging children to join in. Hold up or point to the characters as they talk.

Blue: *"Hi, I am Blue. I love to move around and have fun with my Be Active friends and with you. What should we play? I know, let's play follow the leader. You do what I do. I am sure all of my friends will have ideas, too. First, we all need to stand up. I am going to march around the room. Follow me."*

Leap: *"I can lift my knees high when I am walking. We can all do that."*

Dart: *"I like to run. We can all run around fast and follow each other."*

Glide: *"I love to dance. Let's swing our arms and move our feet and dance."*

Swing: *"I like swinging from trees but I cannot do that right now. What can I do? I know. We can pretend that we are throwing balls. Watch; I am pretending I have a ball and am throwing it with two hands. Catch it. Now you do it."*

Blue: *"Boy that was fun. I really like playing with all of you. Your teacher has lots of fun things we can do together every day."*

Tips:

- Give an adult the character pictures or puppets and have him/her hold up each one when the character is talking. For older children, you can have them hold up the characters.
- If you are outdoors, use more active activities such as running to a tree. Add other outdoor movement incorporating the natural environment such as picking up a stone or a pine cone.

Alternatives/Adaptations:

- Have children suggest things that the characters might do.
- Change the pace — go fast, go slow.

CUE WORDS

- Walk
- Swing
- Knees high
- Throw
- Run
- Catch
- Dance



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, effort awareness, spatial awareness	Language & literacy (vocabulary), listening skills
Walking	Jumping, landing	—		

Going to the Park

BE ACTIVE KIDS®

Equipment:

Basket, ball, supplies for a picnic (blanket and plates), trikes, bikes or other riding toys

Instructions:

Have picnic basket, ball, etc. in the room. Read the story to the children and have them act out each part.

- *"Today we are going to pretend that we are going to the park. Let's get everything together that we will need."* Ask children what they think we will need (basket, plates, ball, kite, blanket, etc.). Have children go around the room to find items and put them in the basket.
- *"We are going to ride our bikes to the park. Put on your helmets (or pretend if you do not have helmets or are indoors) and get ready to ride!"*
- *"Here we are at the park. Let's put our bikes in the bike rack and get out our things."*
- *"The wind is really blowing. Can you move like the trees?"* (Have children sway back and forth with arms up).
- *"First, let's fly a kite. Up it goes. Can you dance like the kite in the sky?"* (Act out the motions of getting the kite into the sky. Have children move around like a kite in the sky, unwinding the string, running, etc.).
- *"Now let's play kickball."* (Give children balls and allow them to kick them. Give each child several turns).
- *"It's time to eat. Is anyone hungry? Let's put out our picnic blanket so we can eat."* (Have children spread out a blanket and take items out of basket.)
- *"Oh look, I see a slide. Let's slide down."* (Have children throw arms in air and sit down as if to slide. Repeat several times moving as if climbing ladder, arms up to slide).
- *"It's time to go home. Let's pack up everything, put on our helmets, and get on our bikes and ride home."*
- *"Did you have fun? If you had fun, jump up and down and shout 'Hooray!'"*

CUE WORDS

- Pedal, pedal, pedal
- Move your arms
- Sway
- Kick
- Jump



Tips:

- This activity can be done indoors or outdoors. Keep children moving. You might add an actual healthy snack such as carrot sticks and have children eat the snack.
- Use cards with pictures of items to be put into the picnic basket instead of actual items.
- If outdoors, actually have children put on helmets and ride bikes. If indoors, have children act out putting on helmet and walk in place to resemble riding.

Alternatives/Adaptations:

- Ask children for suggestions of what they would like to do in a park.
- Talk about healthy foods to eat on a picnic.

(Adapted from "Color me Healthy.")

NC Cooperative Extension & NC Division of Public Health, Physical Activity and Nutrition Branch (2002). Color Me Healthy, Preschoolers Moving & Eating Healthy.

Retrieved at <http://www.colormehealthy.com/professional/index.html>.

MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative	Body awareness, effort awareness, spatial awareness	Language & literacy (vocabulary)
Running	Dancing, swaying, swinging, jumping, landing	Kicking		

A Trip to the Farm

BE ACTIVE KIDS®

Equipment:

Basket, ball, bikes, CD of "Old MacDonald" (optional)

Instructions:

Read the story to the children and have them act out each part. Demonstrate the movements as you read the story: walking with high knees, walking on four limbs, flapping arms like a chicken, galloping, waving arms like a bird, picking up a heavy pumpkin.

- "Today we are going to pretend we are going to the farm. We will have a picnic and pick some pumpkins. Let's get everything together that we will need."

Ask children what they think we will need (basket, plates, ball, kite, blanket, etc.). Have children go around the room to find items and put them in the basket.

- "Now let's get on the bus. The steps are pretty high. You need to step high to get on the bus." (Have children use high marching steps.)
- "Here we are at the farm. Let's go see the animals before we pick our pumpkins."
- "Look – I see a cow. What sound does a cow make?" (Children say "moo.") "Now let's walk like the cow walks." (Have children bend over and walk on all four limbs if possible).
- "Look, there are some chickens. Chickens say 'cluck, cluck.' They are running around. Let's flap our arms and run around like a chicken. Let's all move and sound like chickens. We need to move fast because chickens are fast."
- "What is in that pen? It looks like horses. What does the horse say?" (Children say "neigh.") "Let's gallop like the horse." (Remind children that when galloping the same foot always leads).
- "I see birds flying away. Flap your wings like the birds and go to where the bird flew way over there." (Name a place on other side of play area or the area where you have placed pumpkins.)
- "Now we will go over to the pumpkin patch and pick our pumpkins." (Have children walk over to open area. If possible put out balls or other Loose Parts to use as pumpkins). "Some pumpkins are small, some are large. Find a good one. How would you pick up a heavy pumpkin?" (Have children pretend to pick up a heavy pumpkin).

- "It's time to eat. Is anyone hungry? Let's put out our picnic blanket so we can eat." (Have children spread out a blanket and take items out of basket.)
- "It's time to go home. Let's pack up everything and get on the bus."

CUE WORDS

- High marching knees
- Bend over, all fours
- Flap your arms, quick feet
- Gallop — one foot stays in front
- Move quickly

Tips:

- This activity can be done indoors or outdoors. Keep children moving.
- You might add a healthy snack such as carrot sticks and have children eat the snack.

Alternatives/Adaptations:

- Instead of riding a bus, ride bikes. "We are going to ride our bikes to the park. Put on your helmets and get ready to ride!" (If outdoors, have children put on helmets and ride bikes. If indoors, have children act out putting on helmet and walk in place to resemble riding).
- Have a clue at each area that directs the child to the next activity. For example, when at the chicken pen, have a clue that says "Walk like a cow over to the cow pen".
- Have children pretend to ride a horse using a stick.
- Try catching the chickens after acting like them. Divide the class in half and give feathers to half of the children to indicate which are the chickens. Have the other children run after them and "catch the feather."
- Use something weighted such as a bottle filled with water or a rock to represent the pumpkins.
- Ask children what is on a farm. Talk about animals that are found on a farm.
- Read a book about a farm.
- Sing "Old MacDonald Had a Farm."
- Add as many animals as you want – have the children name animals (even if they may not really be farm animals), then move like the animals.



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Running, walking	Jumping, landing	—	Body awareness, effort awareness, spatial awareness	Language & literacy, science