Moving through the Week of the Young Child!

**Music Monday**
- Use the *Be Active Kids Music that Moves You*® to get up and move to some fun songs
- March in a parade around the school
- Create ribbon wands and have a dance party
- Play the music freeze game
- Create instruments and pretend you are in a band

**Tasty Tuesday**
- Use *Be Active Kids Food Cards*® to move and learn about tasty food
- Eating a rainbow promotion
- Start a school garden (digging, hauling, etc.)
- New food taste test
- Adhere pictures of healthy foods to the floor so crawlers can see the different foods

**Work Together Wednesday**
- Have a cardboard challenge
- Use loose parts to come up with a game or activity
- Build a fort with friends
- Play a sport with friends
- Have teams do a simple scavenger hunt

**Artsy Thursday**
- Throw sponge balls dipped in paint or mud
- Paint or decorate on easels, walls, floors, or fences
- Create a sensory bottle to play with
- Take a nature walk to collect materials to create an art project
- Allow infants to use their bodies to create art on butcher paper with edible paints

**Family Friday**
- Hold a family Olympics for all family members
- Have a family obstacle course
- Hold a family fun run, walk, or ride
- Hold a PlayDaze/PlayMobile event
- Offer a healthy potluck or cookout and dance