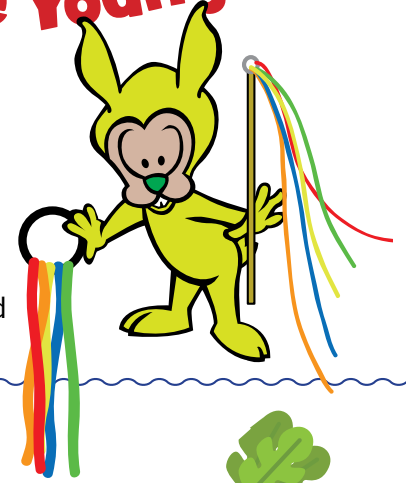




Moving through the Week of the Young Child!

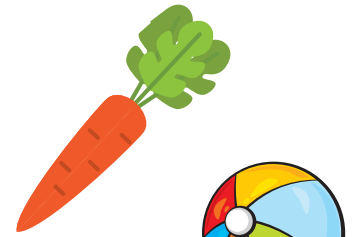
Music Monday

- 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



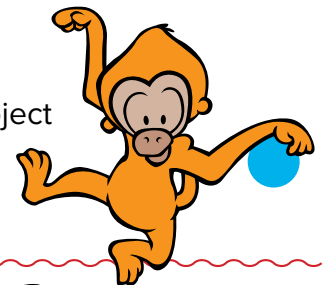
Work Together Wednesday

- 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

