Movement Mat: Pick a Challenge Move

Let's drive. Pretend you are driving. You can drive fast. You can drive slowly. You can take a sharp corner and put on the brakes. 1 (2) LO_O}

Let's leap! Can you leap on one foot? Let's try the other foot. Leap with both feet like a frog. Can you take little and bia leaps like a rabbit?

Let's go to the farm! Have an adult call out a farm animal. You will act out the animal. Don't forget to make the matchina 🚕 sound!

Let's fly! Use a piece of paper to create a paper airplane. Throw the plane and chase after it each time to catch up to it.

Let's grow! You will practice arowina like a flower. Start small and then grow, grow, grow as you bloom into a big flower.

Let's crawl. Using items in your house. make your own tunnel or cave. Take a stuffed animal through the tunnel or cave.

Let's row! Put down a towel or blanket as your boat. Practice rowing long strides. You will row back and forth on both sides.

Let's bounce! Can you bounce a ball high? Can you bounce it down low? Can vou bounce the ball 3 times? Can you catch the ball?

Let's imagine! Pretend you are a superhero. Act out your favorite superhero around the house.

Let's color tap! Have an adult call out a color. You will run through the house and tap as many items as you can that are the color.

Let's bowl. Set up plastic cups. Using a rubber ball, bowl to see how many cups you can knock down. Continue to set up the cups to bowl.

Let's Move!



Let's jump! Jump high 10 times. Jump low 10 times. Try 10 jumping jacks. Can you do it again?

Let's clean up! Help pick up an area in your home as quickly as you can. If you go quick enough, then you get to do two or three 🖼 rooms!

Let's flutter! Pretend you are a butterfly. Fly and flutter around the house. Don't forget to stop for some nectar.

Let's grab! Use a pair of kitchen tongs or your fingers. Try to grab little items like socks, crayons. or building blocks.

Let's stomp! Pretend you are a dinosaur. Take big steps as you stomp around the house. Chomp. chomp, CHOMP!

Let's use our toes! Place little items on the floor, like marbles, blocks, or crayons. Use your toes to pick up the items

Let's hop! Pretend you are hopping over or maybe through mud puddles. Make sure you hit all the big and muddy puddles.

Let's sweep! Practice the sweeping motion by helping sweep a room in your home. You can help sweep. sweep, sweep!

Let's drum! Can you make a drum from items in your house? Let's keep beat on the drum. I. 2. bana! I. 2. bana!



Let's jump! Place stuffed animals or other safe items on the floor. Practice iumping over each item.

Let's mirror! Mirror dance with an adult. You will do a dance and then the adult will mirror you. Switch it up and mirror your adult.

Let's skip! You can skip slowly like a turtle. You can skip quickly like a quick grasshopper.

Let's go to the zoo! Have an adult call out a zoo animal. You will act out the animal. Don't forget to make the matchina sound!

Let's slither! Get down on the around and slither around back and forth. You can slither slowly, or you can slither quickly.

Let's zoom! Pretend you are a jet plane. Fly and zoom around the house. Don't forget to turn on your jet engines.

Let's crab walk! Crab walk around your house. Try to crab walk slowly and crab walk auickly.



Let's stop and go. We will play "Red light. Green light." An adult will yell out "Green light" for us to move until we hear "Red√೧/ light."