






# November

## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make a big circle outside. Practice moving in relationship to the circle. Can you move around it? Can you move in and then out of it? Can you run across it?	Move in opposites – fast/slow, up/down, near/far, big/small.	Practice rolling your body across the floor. Make your body like a pencil and roll, then make your body like a ball and roll. 	Jump over the river. Roll up a towel and put it on the floor. Can you jump over it? Make the towel just a little bit bigger – can you still jump over? How big can you make it?	Set up a few of your stuffed animals. Roll up a pair of socks. Practice throwing the sock ball at the animals. Step at the animal as you throw.	Turn on some music and take turns making up a movement. Play copy cat boogie, by following what each other does. 	Jumping stones: Put a bunch of wash clothes or handkerchiefs on the floor. Can you jump from one to the next? Try to cross the room without touching the floor.
Get outside and go for a walk. Look for different shapes. Can you find a circle, a square, and a triangle?	Can you try to move for two minutes without stopping? What happens to your heart when you do this?	Try skating on some paper plates. Put your feet on the plates and slide around the room, or put your hands on the plates and push them around the room.	Get a laundry basket and practice throwing things into it – try tossing far away and try tossing when you are really close.	Use your body to pretend. Can you move like spaghetti? How about applesauce? How about a melting ice cube? Can you think of something?	Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.	Play I spy. One person says "I spy _____". And when the other person sees it you both run to it. Next time try skipping or galloping.
Color Find and Move. Have someone name a color, and then your job is to move to something that is that color. Move in all different ways.	Work on your catching skills. Use a soft ball or rolled up socks. Toss it up and catch it. Keep your eye on it as it travels through the air.	Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.	Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.	Go to each space in your home and practice hopping on one foot and then the other. Run to a new space and hop again.	Indoor Zoo: Move like an animal through your home. Each time you get to a new space change to a new animal. 	How many parts of your body can you bend? Give it a try!
Go on a shape walk. As you walk, pump your arms and get that heart beating. How many different shapes can you find?	Walk, jog, run – start out by walking one lap around your home. Now jog one lap and then finally run one lap. Which one was harder?	Turn on some music and try to keep moving for an entire song. Check out what it does to the way you are breathing.	Draw a shape on a piece of paper and then try to put your body into that shape. Keep your body still as you hold the shape.	Play a game of Can You? Can you spin on your bottom? Can you jump to the sky? Your turn to create a movement to try!	Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?	Toss a t-shirt in the air, let it land on your head. Toss it again, let it land on your shoulder, your elbow, your tummy or your foot.
Make a set of cards that have a number on each card. Put the cards in a bucket. Draw a card, read the number, then take that many steps together.	Work on walking tall and proud. Can you balance a paper plate on your head as you walk around your home?	Do some outdoor chores as a family. Reach, pull, push and bend. 	Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.	Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.	Balance fun. Try putting four parts of your body on the ground and balancing. How about four other parts? Now try balancing on three parts or even five parts.	What were your favorite November Activities? Do them again! 

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