**Bubble Fun**

Your child is learning about personal space by pretending to be inside a bubble. Ask your child to tell you how to keep the bubble from popping. Blow bubbles for your child to pop before they touch the ground.

**Body Part Identification**

Using fun, upbeat music, prompt your child to shake and wiggle the body parts you call. Start at the top and play your way down!

- **High**
  - Head
  - Eyes
  - Nose
  - Mouth
  - Lips

- **Med**
  - Neck
  - Shoulders
  - Chest
  - Tummy
  - Hands

- **Low**
  - Waist
  - Hips
  - Knees
  - Ankles
  - Toes

**Mirror, Mirror!**

Face your child and pretend to be a mirror. When you make a movement, your child should move exactly as you do – like your reflection. Move slowly at first then pick up the pace. Take turns being the leader.

**Freeze Dance**

Dance with your child to lively music. Stop the music every 10-20 seconds and freeze like a statue until the music starts again.
Slow and Fast
Play music with a slow beat and encourage your child to move slowly. Play music with a fast beat and encourage faster movement. Change the tempo and see if your child does too.

Switcheroo!
When the family is sitting and being inactive call, “Switcheroo!” Everyone quickly moves to a new place. Have everyone take turns calling “Switcheroo!”

Scrambled Eggs!
Ask your child to teach you how to play Scrambled Eggs! Everyone moves like scrambled eggs and holds a funny egg pose on the stop signal!

Running
Play enjoyable music and run in place with your child. When the music stops, freeze. Play different types of music with slow, medium and fast tempos.
Jumping
Ask your child to teach you how to jump on 2 feet. Jump over low objects placed on the floor. Play a listening game. Your child jumps when you say, “jump.” but stands and wiggles if you say any other word.

Galloping
Ask your child to teach you how to gallop. Name animals that gallop, like horses, zebras, or donkeys, for the family to imitate.

Hopping
Ask your child to teach you how to hop on 1 foot. Turn on lively music. Stop the music every 20 seconds. Move in a different way each time the music starts. For example, walk, jump, gallop, hop, or wiggle. Now is a great time to play hopscotch together!

Simon Says
Play Simon Says with your child. Run, walk, jump, gallop and hop. There is no elimination for doing an activity, even if “Simon” didn’t say it. Take turns being Simon.
**Roll the Dice**

Create an activity for each of the 6 sides of a single die.

1 = move at a low level
2 = at a high level
3 = in a straight pathway
4 = curved pathway
5 = zigzag pathway
6 = wiggle

Have your child roll the die and join in the fun.

**Planes, Trains, and Cars**

Play lively music while you and your child pretend to be airplanes, cars, motorcycles, or trains. Make clean-up time fun by saying, “A train has cargo cars. How much cargo can you load before the music stops?”

**Side-Sliding Fun**

Play music your child enjoys. Use sheets of paper or thin paper plates and side-slide slowly on a smooth floor or carpet. Play *Follow the Leader* while side-sliding with your child.

**Skipping**

Ask your child to teach you how to skip. Turn on lively music and practice skipping as often as possible.
Leaping

Ask your child to teach you how to leap over small objects on the floor. Turn on lively music and practice leaping.